

Gilford Steamer

THURSDAY, MARCH 1, 2018

GILFORD, N.H. - FREE

GES students showcase colonial trades

BY ERIN PLUMMER

mnews@salmonpress.news

Fourth grade classes at Gilford Elementary School went back to colonial times for an annual project where students learn about the careers from back then.

For the past month, students have done research on their chosen colonial careers. On Thursday afternoon, they shared the result of their research as well as their creativity by presenting as someone in that career along with props and other details. Students set up their stations at tables around the fourth grade classrooms as a colonial village market. Students from other classes came through during the day.

Students were asked to pick their top three trades they wanted to do a project on and chose from there. Teacher



Jack Hazelton shows the scissors and replica of a tailor's shop.

the colonial period.

"They've gotten to see what life was like during the colonial period," Franks said.

As students worked on their projects, they did some compare and contrast exercises for what things were like back then to today.

"I think it's a shocking thing to see some of the differences," Franks said. "It's definitely an eye-opener."

She said students learned that people back then worked hard and didn't have a lot of the resources and advantages that people have today.

Franks said it was incredible to see the students do their presentations. She said many students were nervous about presenting without a script, but did a great job overall.

Drew Smith played a ship builder, saying he chose the trade because of how it helped people and "it's fun to build stuff." He made a

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GES 'One Book' project celebrates learning

BY ERIN PLUMMER

mnews@salmonpress.news

A month's worth of creative projects and activities were inspired by a special book for Gilford Elementary School's "One School, One Book" project.

Since January, students and staff have been reading "Brambleheart" by Henry Cole and engaging with the story in many different creative ways.

In "Brambleheart," Twig tries to find his own place in his forest community where everyone has their own roles.

Students started reading the book after coming back from Christmas vacation.

This past week was the last week of activities.

GES Principal Danielle Bolduc said projects included making sundials and wind chimes, which were displayed in the cases in the hallway.

Librarian Rosalyn Roy had students in the library classes do a weaving activity based on the Weavers in the story. The students picked out different quotes from the book and weaved layers into the piece based on the quote.

"I really like how they connected the descriptive phrases with what they wove into the loom," Bolduc said.

The Saturday before was a family sledding

day on the hill outside the school. Inside they had makerspace activities with crafts. Bolduc said even though there was little snow on the hill, families still had fun that day.

Each week, students could answer trivia questions about the book.

Bolduc said the kids were really enthusiastic about the project. Since "Brambleheart" has a sequel, Bolduc said a lot of the students said they planned to read that book as well.

This year the district has been increasing the emphasis on writing. Bolduc said the fact the book is so

SEE ONE BOOK PAGE A10

Melanie Franks said they were asked to think about what a sense of community is.

As part of their research, the fourth grad-

ers visited the Union Meetinghouse, the Belknap Mountain Grange, and the Rowe House to see a demonstration of various professions from



Rosalyn Roy leads kids in some yoga during Jump Rope for Heart at Gilford Elementary School.

Fun for heart health at Jump Rope for Heart

BY ERIN PLUMMER

mnews@salmonpress.news

A day of fun exercises in the Gilford Elementary School gym had huge gains for heart health as students took part in Jump Rope for Heart.

Jump Rope for Heart is a month long fundraiser focusing on heart health. On Friday

kids went to the gym throughout the day to do a number of fun exercise activities. Students

turned in pledge sheets with money going to the American Heart Association.

Phys Ed teacher Preston Ingram said all four grade levels came into the gym throughout the day to do various exercise activities including yoga, potato sack race, long jump, and others as well as jump roping on the stage. Different classes would do the activities during their gym class. Kids would move from one station to the other after a certain period of time.

The effort has raised a lot of money for the American Heart Association. Ingram said last year the school was in the top 20 in the state for fundraising. This year they have set a record for the amount of funds the school has raised.

Jump Rope for Heart also taught students about the importance of exercise and healthy eating for heart health.

"It's great that our kids K-4 take such an interest in this activity and they're always excited for this," Ingram

SEE JUMP PAGE A10

GHS Winter Carnival brings out school spirit

BY ERIN PLUMMER

mnews@salmonpress.news

Gilford High School students showed their school spirit, passion for competition, and support for their peers during the annual Winter Carnival festivities.

For a week, students engaged in various fun competitions, leading up to some games and shows of talent on Thursday and sports activities on Friday.

Winter Carnival is organized by Varsity Club was the fourth year advisors Terry Wilson and Amy Tripp oversaw the activities.

"I thought it had more positive energy," Wilson said.

Festivities officially



ERIN PLUMMER

Juniors take a big leap during the Winter Carnival jump rope competition.

kicked off the previous Friday with the Winter Carnival Dance, which had high attendance.

New this year was

a song competition on Thursday.

During the week, each class had a jar for Pennies for Fitness.

Each penny in the jars earned points while higher denomination coins and bills took points away.

"They're literally dropping \$20's in the class jars," Tripp said.

The seniors won Pennies for Fitness, the freshmen came in second place, the sophomores were third, and the juniors came in fourth place. Overall, around \$1,140 was raised.

Tripp said proceeds raised from Pennies for Fitness will go to athletic equipment in the school. She said the Varsity Club will meet and discuss what the money will be spent for this year.

On Friday, students met in the gym for competitions in dodgeball, jump roping, tug of war,

SEE WINTER PAGE A10

SEE JUMP PAGE A10

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

#Shelfie. It's a selfie, but with books! To take a selfie, take a picture of yourself by reaching your camera out in front of you. Now, take one with your bookshelf or with a favorite book and BAM! You've got a 'shelfie.' They are categorically better than other selfies. Hip youngsters use #'s for Internet voodoo, but you can just print the shelfie out and put it on your bookshelf for some #shelfception.

Taking and sharing a shelfie is one way that people are going to celebrate Dr. Seuss' birthday, which is this Friday, March 2. We are having a birthday party for him, which is really a party for all young readers. Kids can come by from 1-4:30 p.m. to eat cake, play games, make crafts. Cat in the Hat will be here from 1:30-2:30 p.m. to read stories and spend time with the kids. It'll have its hat, whiskers, and all of its personality. This program is put on by the Friends of the Gilford Public Library (thanks)!

This party is extra special for a few reasons. To start, it is the finale of our Winter Reading Program for kids! Dozens of kids participated and they read hundreds of books over the last couple of months. Now is the time to celebrate and to draw the raffles.

Classes & Special Events March 1-8

Thursday, March 1
Homeschool Game Club, 1:15-2:30 p.m.
Conversation French, 4-5 p.m.

Friday, March 2
Social Bridge, 10:30 a.m.-12:30 p.m.

Read Across America Day, 1-4:30 p.m.

It's Dr. Seuss's birthday and Read Across America Day! Stop by between 1-4:30pm to celebrate. The Cat in the Hat will be there from 1:30-2:30 p.m. Children of all ages are welcome to join in. Put on by the Friends of the Gilford Public Library.

Knit Wits, 1:30-2:30 p.m.

Gilford Public Library

Top Ten Requests

1. "Fifty Fifty" by James Patterson and Candice Fox
2. "The Great Alone" by Kristin Hannah
3. "The Wife Between Us" by Greer Hendricks
4. "Fire and Fury: Inside the Trump White House" by Michael Wolff
5. "Night Moves" by Jonathan Kellerman
6. "Rooster Bar" by John Grisham
7. "Natural Disaster" by Ginger Zee
8. "The Couple Next Door" by Shari Lapena
9. "Look for Me" by Lisa Gardner
10. "Big Little Lies" by Liane Moriarty

Dr. Seuss' birthday party is also special because it is Read Across America Day. People all over the nation will be going to reading parties, hearing stories, finding new books to love, snacking, and crafting. It's like heaven on Earth, but particularly between the stacks.

Read Across America Day is celebrated by readers of all ages. Everyday is a day to read, but Read Across America Day is a chance to talk about it. Social media will blow up with shelfies, pictures of bookshelves, pictures of favorite books, and, best of all, pictures of kids reading. Ahh, I love books.

Play video games in the Library! With friends!

Lego Creator Club, 3:15-4:15 p.m.

Monday, March 5

Fiber Friends, 10 a.m.-12:15 p.m.

Mahjong, 12:30-3 p.m.

Teen Video Game Club, 3-4 p.m.

Play video games in the Library! With friends!

Preschool Storytime, 10:30-11 a.m.

Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

Teen Tech Week Tech Show and Tell, 3-4 p.m.

Come in for the Teen Tech Show and Tell to talk about your favorite technologies and

Sign up for children ages three to five with caregivers.

Bridge, 10:30 a.m.-12:30 p.m.

Classics Book Group, 6:30-7:30 p.m.

This month's pick is Call of the Wild by Jack London, published in 1903.

Wednesday, March 7

Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

Teen Tech Week Tech Show and Tell, 3-4 p.m.

Come in for the Teen Tech Show and Tell to talk about your favorite technologies and

Homeschool Game

to see some new ones in action. Technology is moving fast, so let's keep on top of it!

Art(ists) Alive!, 3:30-4:30 p.m.

Description: Each week learn about a different artist and create art in their style!

Grades one to five, sign up in the Children's Room. Limit 20. (Not held on early release days).

Thursday, March 8

Yoga Fun (two-to-four-year-olds), 10:30 a.m.-1 p.m.

Yoga Fun (four-to-six-year-olds), 11:15 a.m.-noon

Homeschool Game

Club, 1:15-2:30 p.m.

Teen Tabletoppers, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Seed Starting with UNH Master Gardener Christine Templeton, 6-7 p.m.

Spring is right around the corner, so it's the perfect time to start planning for your garden! UNH Master Gardener Christine Templeton will be here to discuss seed starting, choosing seeds, how to prepare your seeds for planting, and other tips for a successful garden! Put on by the Friends of the Gilford Public Library.

Development and Public Relations for LRMHC. "We invite donors to visit our website at www.lrmhc.org to see all the artwork and donations can be made with an easy click of a button or via check."

With the purchase of the building on Beacon Street East, LRMHC was able to consolidate operations from two buildings they own and two leased locations in Laconia into a single facility. The goals are to improve patient care; create operational/financial efficiencies for sustainability; and strategically position LRMHC for opportunities to expand services to better meet community needs. This project has transformed mental health services in the Lakes Region, strengthening a critical system of care for almost 4,000 patients and the community. The agency utilized a combination of bond financing, tax credits, proceeds of the sale of the two existing facilities in Laconia and launched a capital campaign last July to fund this major renovation project.

"It has been an important project for us; having a centrally located state-of-the-art medical facility for our patients and for the community will allow us to close service gaps, enhance the quality of care, expand the services available to our patients, develop more effective private-public partnerships between LRMHC and its stakeholders and community partners and make access to care easier for those that need it. Community and donor support is essential to our success," says Nichols.

Raymond owns Raymond Photography in Laconia. His studio specializes in commercial, architectural, and industrial photography; as well as fine art portraiture and landscapes, many of which are displayed in homes and businesses throughout New England. His love of landscapes is closely tied to his work as an environmental activist. "In my travels I have come to truly appreciate the beauty that surrounds us, and how important the natural environment is to our quality of life. It is my hope that my photographs will serve not only as an historical record of picturesque landscapes, but also as an inspiration to other conservation-minded individuals to preserve what we have been blessed with."

In addition to his photography, Ian also writes for magazines, has served as a state representative, and works on several committees and with non-profit organizations on renewable energy issues. Please visit

Conversation German, 2:30-3:30 p.m.

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Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

25th Annual Francoeur/Babcock Memorial Basketball Tournament!

Come and see Youth Basketball at its best in Gilford during the 25th Annual Francoeur/Babcock Memorial Basketball Tournament taking place at the Gilford Middle School from Thursday, March 8 to Sunday, March 11. Sponsored by the Gilford Parks and Recreation Department, the tournament will host 12 area teams consisting of boys and girls in grades three to six from Belmont, Gilford, Gilmanton, Laconia and Sanbornton. This invitational tournament is held in memory of Aaron T.

Francoeur who was a thirteen year old Gilford Middle/High School student when he succumbed to cancer in the summer of 1993. Nathan Babcock's name was added in 2006 after he lost his battle with cancer in the fall of 2005. Proceeds from this tournament are awarded through the Aaron T. Francoeur Memorial Scholarship Fund and the Nate Babcock Scholarship Fund to provide deserving students with financial aid while furthering their post high school education. Many former players and scholarship recipients return each year to help at the tournament, be it officiating, scoring, timing, selling tickets and t-shirts, or working at the concession stand.

The tournament this year will consist of the following divisions and teams:

Junior (Coed) Division (Grades 3 and 4) - Gilford, Gilmanton, Lou Athanas and Sanbornton

Senior Girls Division (Grades 5 and 6) - Gilford, Belmont, Lou Athanas and Sanbornton/Pines

Senior Boys Division (Grades 5 and 6) - Gilford, Belmont, Lou Athanas and Sanbornton

Senior Boys Division (Grades 5 and 6) - Gilford, Belmont, Lou Athanas and Sanbornton

The schedule for the opening rounds of play will be:

Thursday, March 8

Junior Division (Coed) Gilford vs. Sanbornton at 5 p.m.

Junior Division (Coed) Lou Athanas vs. Gilmanton at 6:15 p.m.

Senior Girls Division Gilford vs. Lou Athanas at 7:30 p.m.

Friday, March 9
Senior Girls Division Belmont vs. Sanbornton at 5 p.m.

Senior Boys Division Gilford vs. Belmont at 6:15 p.m.

Senior Boys Division Lou Athanas vs. Sanbornton at 7:30 p.m.

On Saturday, March 10, games will begin at 8 a.m., and the last game of the day will be played at 6 p.m. On Sunday, March 11, the Championship round games are scheduled to begin at 9 a.m.

The tournament is open to the public, and everyone, young and old alike, is invited to attend. The admission fee is \$2 for adults and \$1 for children. A Tournament Family Pass (all games) is also available for \$10. Children not of school age, coaches and players are free. Be sure to

mark your calendars now and come join us for some great basketball, positive competition, good sportsmanship, and community spirit!

Full Moon Snowshoe Hike on Thursday, March 1!

The Gilford Parks and Recreation Department is sponsoring a fun full-moon snowshoe hike on Thursday, March 1 for all ages. Participants will check in at the Gilford Elementary School Cafeteria at 7:15 p.m. before heading out on the Nature Trails at 7:30 p.m. Following the hike, we'll return to the cafeteria to enjoy some hot cocoa. Although we hope the moon will be bright, we encourage all participants to bring a flashlight or head lamp! If you are in need of snowshoes, we do have a limited supply available. They may be reserved on a first come basis by

calling the Parks and Rec office in advance. All interested participants are asked to RSVP ahead of time.

For more information or to RSVP, please contact the Gilford Parks and Rec. Department at 527-4722.

Senior Moment-um T-Bones Lunch Trip on March 5

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, March 5. We will meet at T-Bones Great American Eatery on Union Avenue in Laconia at 11:45 a.m. to enjoy lunch. Participants will order off the menu and are responsible for the cost of their own meal. Participants are asked to RSVP by Thursday, March 1.

For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

St Patrick's Day Dinner at the Gilford Community Church

On Saturday, March 17 at 6 p.m., the annual St Patrick's Day Dinner will be held at the Gilford Community Church at 19 Potter Hill Rd. in Gilford Village.

The menu will include traditional corned beef and cabbage, potatoes, onions, carrots, homemade Irish soda bread, homemade carrot cake, coffee/tea. The

cost is \$15 per person (\$5 for children under 12). Reservations are required and can be made by texting or calling Eloise at 986-6723 or eloise@metrocast.net.



Courtesy Cultural display at the Gilford Public Library

The Gilford Public Library is pleased to have a new display of handmade cultural art and artifacts on display. First Wolf, Ray Leeser of the Lacota Indian Nation of the Winnebago - Sioux Tribe made the art and gave the pieces of the collection to Richard A. Sonia, who has provided them for display. The sketches of native scenes and a genuine war club are available for viewing in a display case at the library. Contact the Gilford Public Library at library@gilfordlibrary.org, call 524-6042, or text 367-0264 with any questions.



New Board for the Friends of the Gilford Public Library

The Friends of the Gilford Public Library are excited to announce a newly elected board. For this year, and in the order they appear in the image, Lynne DeVivo is Secretary, Pam Hayes is President, Pam Seed is Vice President, and Steve Geer (not depicted) is Treasurer. For more information about the Friends of the Gilford Public Library and all that they do contact the Gilford Public Library at library@gilfordlibrary.org, call 524-6042, or text 367-0264.

LRPC TAC Committee meets Wednesday

NEW HAMPTON — The Transportation Technical Advisory Committee (the TAC) of the Lakes Region Planning Commission (LRPC) will meet at 2 p.m. on Wednesday,

March 7 in the Fire Station Training Room at the New Hampton Public Safety Building, 26 Intervale Drive (off NH Route 104), New Hampton.

The meeting will include an outdoor demonstration (in the parking lot) by NHDOT Winter Maintenance Program

Specialist David Gray on the use of

GPS technology on highway trucks.

The LRPC TAC encourages all members of the public who are con-

cerned about any aspect of transportation to attend and provide input.

For additional information about this meeting, please contact the LRPC at 279-5337.

PORTRAITS • WEDDINGS • SCENICS • EVENTS

Fassett's
PHOTOGRAPHY

Matthew Fassett
343 Main St.
Alton Bay, NH 03810

phone: 603-393-7336
email: matfassett@gmail.com

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Pet of the Week: Lucy



Lucy, a large black Shepherd/Labrador mix, now aged about ten, has quite the history with New Hampshire Humane Society. We adopted her in the winter of 2009, she returned in 2013, adopted again that same year, she now resides again with us after some family upheavals.

Lucy is a cancer survivor, a miraculous thing indeed. Her former family really provided a high quality home including treatments she needed to beat a disease that claims too many lives, both in the animal and human realm.

Lucy did live with another dog, but we know she would likely

prefer a home where she is the only dog in the household and truly given her life's journey so far, surely that is a reasonable provision. She awaits that special connection all dogs need and crave meanwhile, staff and volunteers provide the enrichment and company she deserves and requires.

Look past her older years. Be courageous when thinking about her past health history, and think about the possibilities of a home you could share with a wonderful, sweet dog who needs some permanency and stability in her canine life. Call 524-3252 – check www.nhhumane.org



Established May 6, 2004

Published every Thursday at
5 Water Street, Meredith, New Hampshire 03253

Telephone: (603) 279-4516

Fax: (603) 279-3331

Frank Chilinski, President & Publisher

Ryan Corneau, Information Manager

Brendan Berube, Editor

Erin Plummer, Reporter

Josh Spaulding, Sports Editor

Bob Martin, Sports Reporter

Tracy Lewis, Sales Representative

Jim Hinckley, Distribution Manager

Email: brendan@salmonpress.news

Classifieds: classifieds@salmonpress.news

Circulation figures available on request.

Publisher reserves the right to reject or cancel any advertising at any time.

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.

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NORTH COUNTRY NOTEBOOK

Turkeys, for sure, but my, how they do fly



By JOHN HARRIGAN
COLUMNIST

The seed catalogue that arrived Monday has little to do with reality. Reality is two feet of snow (more in the woods) and a long time before putting seeds in the ground.

The Farmer Seed and Nursery catalogue is one of New England's oldest. It has, as its logo cheerfully imparts, "been serving America's gardeners for 131 years."



(Left) This old but still square barn along Titus Hill Road in Colebrook looks pretty usable. If it were mine, I'd install pigs.

in Lisbon, holding his scythe blade just so, as I turned the grinding stone, applying water all the while. And I remember the hoe that followed. He could not abide weeds, and so he kept a sharp hoe.

+++++

Turkeys are not so stupid, not have I ever said so. Benjamin Franklin lobbied hard for the wild turkey to be the national bird.

To get a photo of my visiting turkeys, I have to sneak, head down, into a spot in the Fish and Game Room. Still, if SEE NOTEBOOK PAGE A11

This roving gang of turkeys has been scratching the daylights out of South Hill, and reducing it to rubble.

My most predictable crop is rocks. Where these come from is the stuff of the Gods. But they

are the inevitable clink on my hoe.

I remember my grandfather Carl Harrigan

FROM OUR READERS

Don't buy into the efforts to undermine your budget committee

To the Editor:

I know there has been some talk in the papers and at the Gilford Public Session about how little the Gilford Budget Committee actually saves the taxpayers. The amount that has been reduced from what department heads have requested has been, admittedly, rather small.

What you, the taxpayers, are not being told is that these same people that are telling you that the Budget Committee is useless are the same group that get motions passed to reinstate everything the B.C. took away during the budget process. They also have put in petitioned warrants to make the BudComm either just "advisory" or do away with it, period!

What they don't mention is the amount of your money that has been saved because the B.C. exists! The simple fact is that department heads (and our Selectmen and School Board) are going to be more responsible in their spending recommendations

because they know that the B.C. is going to go after questionable spending; it stops before it ever begins.

Now, a few of these very same people are running for seats on the B.C., to undermine the process.

My family has lived in and been schooled in Gilford since 1842 (175 years). We have 18 family members in Gilford currently, ranging in ages from 6 to 83. We want to have our children well educated as do you as well as fine town services but wasting money isn't going to make anything better.

I would be happy to help make sure your tax money is not wasted and enough is spent to properly educate your children and my family's children, that the roads are clear, emergency services are there, and everything else at levels that the town can actually afford. I am asking for your vote to re-elect me for three more years on the B.C. and be your wallet's bulldog.

Harry H. Bean
Gilford

Let me be the watchdog for your tax dollars

To the Editor:

My name is Jack Kelley, and I am a candidate for the Gilford Budget Committee at the upcoming Town Election.

I live with my wife and daughter in Gunstock Acres. We moved to Gilford from Stamford, Conn. in 2015, making our vacation home our permanent residence.

One of our motivations for leaving Connecticut was the realization that the state and many of its municipalities were fiscally failing, compromising real estate values, the quality of municipal services, and, as a result, the community experience. Unfortunately, budget officials at many levels of government in that state failed in their responsibility to be the guardians of the taxpayers' hard-earned tax dollars.

We love Gilford and the plentiful year-round outdoor activities at our doorstep. Watching the preventable train wreck throughout Connecticut has motivated me to seek membership on Gilford's Budget Committee, to serve as my fellow taxpayers' watchdog and ensure a sustainable balance between

spending (which always goes up!) and the burden it places on residents to support it with their tax dollars; and to preserve the great quality of life in Gilford.

Prior to moving permanently to Gilford, I spent 26 years on Wall Street in finance and investment positions. A common responsibility across all these roles was analyzing financial projections and management's rationale for the return on the investment of shareholder's capital. Sound spending generally produced successful companies; the opposite, not so much. I think many of the same principles apply to government spending, and I believe that my time spent analyzing the rationale and expected return of corporate investment is a transferable skill that can support the efforts of the Budget Committee.

I believe that Gilford needs to invest for success, and I would like to be your watchdog to advocate for the right balance between spending and taxation, ensuring a vibrant, fiscally sound town into the future.

I respectfully ask for your vote on March 13.

Jack Kelley
Gilford

Hoping to continue serving you on budget committee

To the Editor:

It has been my privilege to serve on the Gilford Budget Committee for the past four years, the last two as its Chair. I am running for re-election to the Budget Committee on March 13, and humbly ask for the votes of Gilford residents once again.

The Gilford Budget Committee spends many hours from September through most of January reviewing and questioning proposed budgets for the following year submitted by the various town departments and from the School District and our schools and their constituent departments. It is sometimes tedious, highly detail-oriented work, but it is reward-

ing — not in pay for our work, because we are all unpaid, but in the satisfaction of serving the citizens of Gilford and acting as their protectors against unwise government spending that is paid for by ever-increasing property taxes.

Gilford and its schools, like individual households, must live within their means, and it is the goal of the Budget Committee to try to enforce this concept. We have not always been totally successful in that regard, but the mere presence of a Budget Committee serves as a moderating influence on what might otherwise be uncontrolled spending and tax increases.

In chairing the meetings of the Budget Committee, I have tried to be as respectful as possible to anyone who wishes to speak about matters being considered. Unfortunately, few of our citizens attend our Budget Committee meetings, or meetings of our many subcommittees that meet with representatives of the Town and Schools departments, all of which are open to the public and posted in advance. I encourage more of our citizens to step up, attend as many of the meetings as you can, and voice your opinions and concerns.

Again, thank you for the opportunity to serve you, and I ask that you allow me to continue by voting for me on March 13.

Norman J. Silber
Gilford

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We're looking forward to hearing from you!

Benjamin Edson Jacobs, 97

TILTON — Benjamin Edson Jacobs, 97 years, formerly of Laconia and Tequesta, Fla., passed away on Feb. 22, 2018 at the New Hampshire Veterans Home in Tilton.

Born June 14, 1920 in Meredith, he was the son of Tristram Coffin Jacobs and Mildred (Edson) Jacobs. He graduated from Meredith High School in 1938 and served as a Sargent with the US Army, Co K of the 405th Combat Infantry Regiment, Rhineland Campaign, during World War II.

Ben was the parts manager at Cantin Chevrolet for 43 years. He was a 32 degree Mason and past master of the Bektash Temple in Laconia, a Shriner with the Winnipesaukee Shriner's Club and Shriner's International, former member of the Lakes Region Barbershop Quartet, and a 60 year member of the Laconia Lodge of Elks #876, he also greatly enjoyed golfing and traveling with his wife Aline.

He will be greatly missed by his four



daughters (Susan Clough and her husband George of Gilford, Jane Fortin of Laconia, Nancy Wilkinson Jacobs and her husband Bruce of Laconia and Palm City, Fla., and Camille Jacobs-Schubert and her husband Chuck of Gilford). Besides his children, he also leaves five grandchildren, eight great-grandchildren, 16 nieces and nephews, and his remaining sister in law, Simone Ober of Laconia.

Ben was predeceased by his loving wife of 65 years, Aline LaFramboise Jacobs, who died in 2012, and four siblings (Ada, Helen, Lillie Belle and Tristram Coffin).

A memorial service honoring his life will be held at the Laco-

nia Congregational Church, 69 Pleasant St., Laconia, on Friday, March 2, 2018 at 3 p.m.

The ashes of he and his wife will be interred together at the Meredith Village Cemetery, Meredith, on June 14, 2018, his 98th birthday.

The Jacobs Family would like to sincerely thank the unfailingly kind and supportive team of caregivers and support staff at the New Hampshire Veterans Home in Tilton for the loving care extended to Ben during his four year residence.

For those who wish, and in lieu of flowers, memorial donations can be made to the NH Veterans Home Enrichment and Activities fund at 139 Winter St., Tilton, NH 03276.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

LACONIA — Franklin "Frank" Molda, 65, of Church Street died Friday, Feb. 16, 2018 at Lakes Region General Hospital.

Frank was born Nov. 30, 1952 in Lowell, Mass., the son of Walter and Phyllis (Wewiorski) Molda. Frank had been resident of Laconia for 20 years. He worked as a mechanic for a number of years, but was a jack of all trades.

Frank enjoyed fishing, NASCAR, and being outdoors.

Frank is survived by four daughters (Christina Blaisdell, Jessica

Molda, Heidi Dixon, and Dawn Angers); nine grandchildren (Robby, Hunter, Alyssa, Dustin, Dylan, Donovan, Dominic, Austin, and Justice); two brothers, Walter Molda and Richard Molda; three sisters, Ann Molda, Theresa (Terry) Boyle, and Irene Reily; and many nieces and nephews. He is also survived by his girlfriend, Linda Morancey.

In addition to his parents, Frank was predeceased by a son, Frank Molda, Jr., and a sister, Wanda Molda Tennant.

Calling hours were

held from 10 a.m. to noon on Saturday, Feb. 24, 2018 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

Burial will be held at a later date.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Joseph Norman Moses, 60

LACONIA — Joseph Norman Moses, 60, of North Main Street, Laconia, died on Wednesday, Feb. 21, 2018 at Lakes Region General Hospital after a brief illness.

Joseph was born in Hanover on March 17, 1957 and lived most of his life in Laconia. He was an Advocate and Consultant at "Lives of Their Own" in Laconia. He was a member of the Harley Owners Group "HOGS" of Meredith; a lifetime member of the National Harley Davison Association; a member of the Ecumenical Choir Group at the Ashland Baptist Church in Ash-

land.

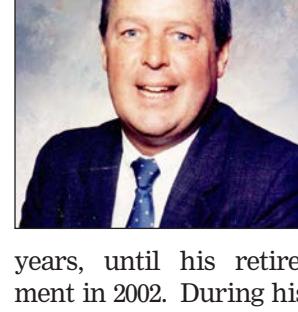
Joseph has made video tapes "Citizen Moses Comes Home" and "Citizen Moses the Joy Continues."

These tapes are being used to the advancement of people with disabilities by 27 states in the US and 13 foreign countries.

Joseph is survived by his loving family, SueAnn Merrill and Mary Divers, both of Laconia.

A Graveside service will be held on June 23, 2018 at noon in the Northerland Cemetery in Groveton, with Fr. Daniel Deveau, pastor of the St. Marguerite d'Youville Parish, officiating. Arrangements are being handled by the Armstrong-Charron Funeral Home in Groveton.

To send the family your condolences via the online register book, please visit, www.armstrong-charronfuneral-home.com.

Joseph Paul Tivnan, 71

LACONIA — Joseph "Jay" Paul Tivnan, 71, of Laconia died Feb. 20, 2018, at his home after a long illness.

Born in Worcester, Mass. on Feb. 2, 1947, he was the son of Joseph and Elizabeth (Charron) Tivnan.

Jay grew up in West Boylston, Mass., and graduated from West Boylston High School. He also was a graduate of Providence College, Providence, R.I., where he went to on a scholarship to play hockey. Jay resided in Massachusetts for many years and in 1992, he and his family started to summer in the Lakes Region Area. In 2002, Jay moved to Meredith and has spent the past eight years in Laconia.

Jay owned and operated Sani-mate Supply Company, which his father started, in Worcester, Mass. for many

years, until his retirement in 2002. During his retirement, Jay worked at Ragged Mountain Ski Area, in Danbury, Waterville Valley Ski Resort, in Waterville Valley, the NH Speedway, in Loudon, and Meadowbrook, in Gilford.

Jay was an avid hockey fan and he enjoyed the outdoors, boating, and skiing.

Jay was predeceased by two brothers, Terrence and Michael Tivnan.

Jay is survived by his wife of 44 years, Christine (Hamilton) Tivnan, of Laconia; his sons, Shawn P. Tivnan and his wife

Liz, of Somerset, Mass., Adam J. Tivnan and his fiancé Kelley, of Johnston, R.I.; his three grandchildren, Connor, Luke, and Jimmy; his brother, Paul Tivnan of Rutland, Mass.; his sisters, Nancy St Cyr of Worcester, Mass., Susan Tivnan of West Boylston, Mass., Joan Tivnan of Worcester, Mass.; and many nieces and nephews.

Calling hours were held in the Mayhew Funeral Home, 204 Daniel Webster Highway, Meredith, on Saturday, Feb. 24, from 1 to 3 p.m. Burial will be held at the convenience of the family.

Please make Memorial Donations to the New Hampshire Humane Society, 1305 Meredith Center Rd., Laconia, 03246 or www.nhhumane.org.

To view and sign Jay's Book of Memories, visit www.mayhewfuneral-homes.com.

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Edward Jones: Financial Focus**Women's Day - How Can Women Make Financial Progress**

On March 8, we observe International Women's Day. This year's theme is "Press for Progress," and events around the world will celebrate women's advancements in the political, social and cultural arenas. But right here in the United States, women still face barriers to their financial progress. If you're a woman, you need to recognize these challenges – and respond to them.

So, what are the key obstacles to financial security for a woman? Probably the first thing that comes to mind is the gender wage

gap: Women generally earn around 80 cents for every dollar men earn, according to the U.S. Census Bureau. But women also face other threats to their financial security. For one thing, they are far more likely than men to take time away from the workforce to raise a family – and time away means smaller Social Security payments and significantly lower balances in 401(k) plans and other retirement accounts. And women's roles as caretakers don't end when their children are grown – in fact, women are twice as likely as their male siblings

to end up caring for an elderly parent, according to a Princeton University study.

What, then, can you do to help ensure a comfortable retirement and achieve your other financial goals? Here are a few suggestions:

Take full advantage of your employer's retirement plan. If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Invest as much as you can afford each year, and every time you get a raise, increase your contributions. At the

very least, put in enough to earn your employer's matching contribution, if one is offered.

Invest for the long term. Some evidence shows that women may be more conservative investors than men. But if you want to reach your long-term goals, you will need to consider some growth-oriented investments in your portfolio, factoring in your risk tolerance and time horizon.

You may want to consult with a financial professional about the best way to invest for the long term.

Maximize your Social Security. If your spouse is the higher earner, you may want to consider how you can use this disparity to your advantage when you collect Social Security. Specifically, you may be eligible for Social Security benefits based on your spouse's earnings and Social Security record. You'll want to consult your tax advisor before making any moves.

Protect yourself from long-term care costs. More than two-thirds of nursing home residents are women, according to the Na-

tional Center for Health Statistics. And the median rate nationwide for a private room in a nursing home is over \$97,000 per year, according to the Genworth 2017 Cost of Care Survey. Medicare generally pays very little for long-term care, so if you ever need these services, you'll have to find other ways to pay for them. A financial professional can suggest some ideas.

As a woman, you face special financial challenges, and striving to overcome them will be a lifelong activity. But it's worth the effort.

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Kathy Markiewicz, AAMS®
Financial Advisor
(603) 279-3284 Meredith, NH



Ben Wilson, AAMS®
Financial Advisor
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Keith Britton
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(603) 253-3288 Moultonborough, NH



Jacqueline Taylor
Financial Advisor
(603) 279-3161 Meredith, NH

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Member SIPC

LRSO invites to "An Evening at the Ballet" March 24

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to our concert on Saturday, March 24 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith. The concert, titled "An Evening at the Ballet," features a beautiful blend of well-known and well-loved themes from renowned ballets. Selections include Tchaikovsky's "Overture to Swan Lake," "Sleeping Beauty Waltz," and "Waltz of the Flowers" from The Nutcracker; Stravinsky's "Berceuse and Finale" from Firebird; Gliere's "Russian Sailors Dance"; and the second half of the concert features the all-American musical brilliance of Aaron Copland's "Appalachian Spring."

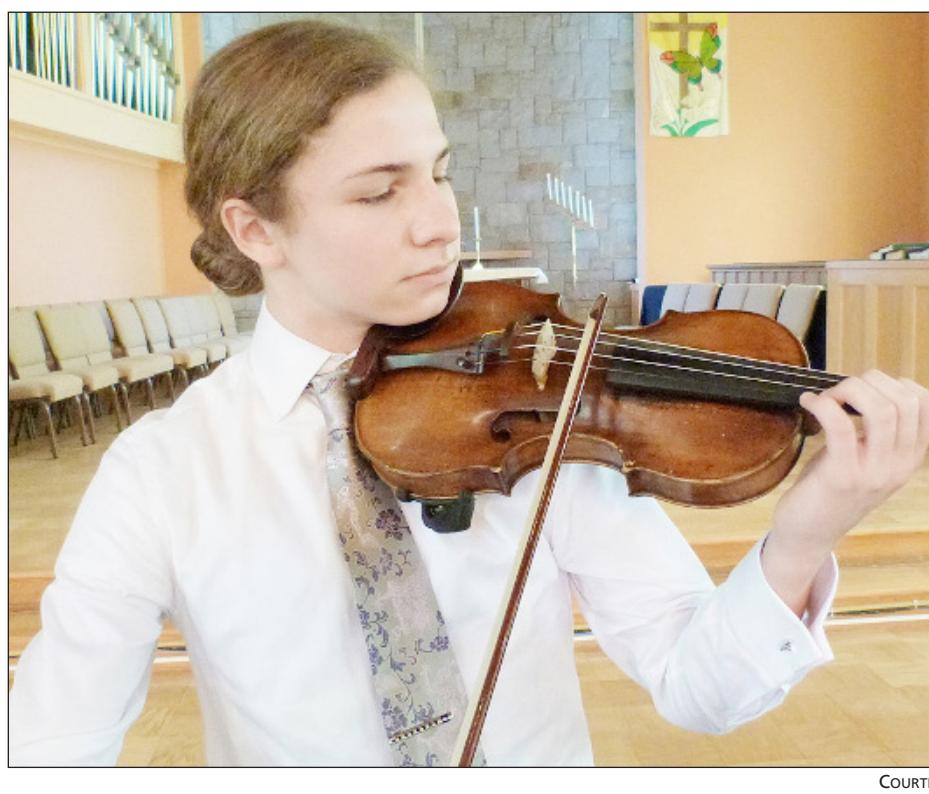
Not to be overshadowed by the Ballet theme of this concert, we are also extremely pleased to present the co-winner of the LRSO's annual student concerto competition. Our first co-winner, cellist Roric Cunningham played to a standing ovation at our November concert. Our second co-winner, violinist Danilo Thurber, will delight with his rendition of Camille Saint-Saens "Violin Concerto #3, Op 61 in B, 1st movement." An in-

teresting note – Danilo auditioned last spring with a piece that was previously performed by last year's concerto competition winner, so we asked Danilo to learn this entirely new piece to showcase his talent at the March concert. Fifteen-year-old Danilo was eager to oblige!

Danilo (Dacha) Thurber is a student at Phillips Exeter Academy who began studying violin in 2004 at the age of two. He has been a student of music since that time studying and performing with esteemed teachers and performers.

In addition to performing with the Phillips Exeter Academy's Symphony Orchestra, Dacha has played with the Boston Youth Symphony Orchestras (BYSO) since 2012. Currently, he performs with the BYSO's premier ensemble, the Boston Youth Symphony. Prior to that he served as concertmaster for BYSO's Repertory Orchestra and Junior Repertory Orchestra.

Together with his brother he has been honored to play for a few notables, including the President of Serbia, on TV for WMUR (playing The Star Spangled Banner at the Boston Marathon memorial),



COURTESY
Violinist Danilo Thurber, co-winner of LRSO's student concerto competition, performs with the Lakes Region Symphony Orchestra on March 24, 2018 at Inter-lakes Auditorium in Meredith.

and for NH Governor Maggie Hassan at the State House.

Dacha has been proud to donate proceeds from his public performances to the Phoenix Society, which provides support services to young burn survivors.

Together with his brother, he has raised more than \$2500 for this cause.

This March 24 concert is the third in the LRSO's spectacular 2017-2018 season. Reserve the dates for our final dual-performance POPS concert on May

19 and May 20, featuring songs of stage, screen, and beyond sung by theater performer Abigail Dufresne. Full concert details are at www.LRSO.org.

Tickets are \$20 for adults and \$10 students college-age and under (no children under age 5 please). Tickets are available online at WWW.LRSO.ORG/TICKETS, or from these ticket outlets: Innisfree Bookshop in Meredith and Greenlaw's Music in Laconia. Any unsold tickets will be available at the door starting one hour before the concert.

The LRSO greatly appreciates the support of its concert sponsor the Robert T. Smith Family Trust. Bob's love of the LRSO and his generous support is a big part of what makes the LRSO, a community orchestra, possible.

Central New Hampshire VNA & Hospice helps with fall prevention

REGION — Every year, millions of seniors are seen in Emergency Rooms and physician's offices because they've taken a tumble. Sometimes the injuries are severe, like broken hips or dislocated joints, and sometimes we can see some horrific bruising. And sometimes a fall is more than a broken bone or a bruise – common complications include pneumonia, urinary tract infections, congestive heart failure, venous thromboembolism, arrhythmia, poor pain management and pressure sores. So we want to do absolutely everything we can to avoid nasty spills in the first place.

Whether you are a senior or helping to care for one, the first thing to realize in fall prevention is the importance of removing tripping hazards.

Number one among these? Area rugs. It is so easy for the rug to slip out from underneath a walker. Feet can get tangled up. Rugs can bunch creating a tripping hazard. If possible, area

rugs should be removed. If there is one that is a particular favorite, try to have it placed in an area of low traffic.

Electric cords and extension cords create the same potential accident situations. Always run the cords around the outside of the room and not in heavily trafficked areas or maybe find a wireless solution.

Another obstacle fairly common in many homes is clutter. Same as above – massive tripping hazards. Try to keep walking areas clear.

Pets. Well, who can live without her cat or dog for company? But perhaps some obedience training can help. Try

teaching the dog not to jump, and to always follow the owner (heel), even in the home and especially on stairs. This is good advice for staying in or for walking the dog. (PS – while walking outside, watch carefully for cracks in the sidewalk that are just ready to grab the toe of your shoe!) And make sure the dog sits still and waits for the food bowl before diving in.

Low toilet seats, for older knees, can be a problem. This one is easily remedied. The purchase of a raised toilet seat attached to the porcelain seat can work wonders. Some are just seats, while others have

SEE FALL PAGE A11

National comedy headliner at Pitman's Friday

LACONIA — Paul D'Angelo, who is without much question one of the top comedians in New England and a favorite nationwide, will be making his first appearance at Pitman's Freight Room in Laconia, Friday March 2 for an 8 p.m. show.

Pitman's comedy nights are regularly on Saturday, but when the opportunity to acquire D'Angelo became available, the switch was made.

"Paul is often times booked eight to ten months ahead," said Michael Smith of Laugh Riot Comedy which schedules the shows at Pitman's as well as comedy fundraisers in the region. "We have been trying for years to get D'Angelo here and a number of months ago, Paul became available on March 2 so we did some shuffling and made it work."

"If you have never seen D'Angelo, this show will make it clear why he is one of the top acts in the business. His shows are never the same as he has 15 to 20 hours of material and all of it Class A work. He is a tireless writer of comedy and a brilliant observer of the 'every day' turning

seemingly innocuous events into gold on the stage."

Tickets are \$20 and may be purchased in advance by calling Pitman's at 527-0043 or at the door the night of the show if not sold out in advance. Pitman's is a "bring your own food and drinks venue." For additional information regarding the comedians contact Laugh Riot Comedy at atmsmith789@comcast.net.

"Advance ticket sales and reservations are the largest we have had for any show other than Lenny Clarke," said Dick Mitchell, owner of Pitman's. "We've wanted Paul for a long time and we are expecting a large crowd."

Also appearing will be Jody Sloane a regional favorite who close a number of rooms in New England, with Greg Boggis opening the proceedings.

Many falls can be eliminated with a little planning. As caregivers and home health providers, we are aware of this and actively work toward preventing falls for our patients. But you also can help, in your own home or that of an aging parent or loved one.

Whether you are a senior or helping to care for one, the first thing to realize in fall prevention is the importance of removing tripping hazards. Number one among these? Area rugs. It is so easy for the rug to slip out from underneath a walker. Feet can get tangled up. Rugs can bunch creating a tripping hazard. If possible, area

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COURTESY PHOTO

Jodie Sloan



COURTESY PHOTO

Paul D'Angelo

Laugh the winter blues away at Pitman's

LACONIA — Pitman's Freight Room, located on New Salem Street in Laconia, announces the following shows set for this weekend:

Friday, March 2, 8 p.m., \$20: Comedy featuring Paul and Jodie Sloan

Paul D'Angelo is a former Essex County (Mass.) assistant district attorney and criminal-defense trial attorney who simultaneously became one of the country's top stand-up comics. Combining an energetic, charismatic stage presence and spontaneous

improvisational talent with an endless array of intelligent humor delivered in an animated style that grabs and holds the attention of crowds everywhere he performs, Paul's constantly evolving and diverse selection of original material "takes normal everyday

experiences and makes them sound absolutely hilarious."

Joining Paul is Jody Sloan, who cut her entertainment teeth doing her sit-down shtick as a cheeky "conductor" named Penny Wise on the Boston Duck Tours. Her duck tour experience -- 4,000 times -- was the perfect tee-up to becoming a stand-up comic.

She's now a regular at esteemed comedy venues, including Headliners Comedy Clubs throughout New England and beyond. Wherever people need to laugh, Jody answers the call and is a favorite for booking agents and clubs across the Northeast.

Saturday, March 3, 8 p.m., \$20 in advance, \$25 at the Door:

Anthony Geracci and the HipNotics

Pianist, Hammond organist and composer Anthony Geraci was born in New Haven, Conn. in 1954. His interest in playing piano began at age four when he told his parents "I want a piano!" His parents soon bought a Kimball Grand Piano that his mother paid 4 dollars

changed his life. Ed went on to be Dizzy Gillespie's guitarist for many years.

Anthony graduated from Berklee with B.A. Degree, and a M.A. from Skidmore College. He continues to perform worldwide with the HipNotics, Sugar Ray and the Bluetones, as well as a new music venture-The Redeemers that features Kid Ramos, Willie J. Campbell and Brian Templeton.

He has performed with Muddy Waters, B.B. King, Otis Rush, Chuck Berry, Big Mama Thornton, Big Joe Turner, Jimmy Rodgers and many more. Anthony has recorded with Big Walter Horton, Ronnie Earl, Big Jack Johnson, Zora Young, & Sugaray Norcia.

LCA to hold Father Daughter Dance

LACONIA — Laconia Christian Academy will hold its fourth annual Father-Daughter Dance on Saturday, March 10 at 6:30 p.m. in the school gymnasium. The dance is open to the public, and will be the delight of girls young and old. The school is located at 1386 Meredith Center Rd. in Laconia, just north of the New Hampshire Humane Society.

In what is becoming a tradition at LCA, girls of all ages will be escorted by their dads for an evening of being treated like a princess. Memories that will last a lifetime are made at gatherings like this. A young lady, out for the evening, in the safe and loving care

of her dad. (If a father is unable to attend, stand-ins are more than welcome.)

The evening, hosted by the staff of LCA, will feature lots of memorable activities. There will be games, hors d'oeuvres, and organized dance themed events. Professional portraits and candids of the evening's activities will be taken by Michelle Goodearl Photography of Meredith.

Local DJ Carroll Brown will be Master of Ceremonies again this year, bringing back his flair for creating a great evening. Come and find out if we will be doing "The Macarena," "The Chicken Dance" or "The Hokie Pokie." Maybe

all of them! Who will be the "Limbo" champ? Be there, or be square!

Please join us for a fun and wholesome evening, tell your friends, and your dad! Cost will be \$15 per couple, and \$5 for each additional child, at the door. For more information call LCA at 524-3250, or go to www.laconiachristian.org. You can also find us on Facebook and follow us on Instagram!

Laconia Christian Academy is a non-denominational Pre-K through grade 12 school committed to providing a stimulating educational experience in a nurturing environment that fosters a passion for God's truth.

LACONIA — The first Lakes Region Workforce Development Resource Summit will be held Friday, March 16 from 9 a.m. to noon at Lakes Region Community College. Presented by Meredith Village Savings Bank, this

regional event was developed to bring together business leaders, federal and state resource providers and community developers to help Lakes Region businesses improve employee hiring and retention.

After attending a statewide event hosted by U.S. Sen. Jeanne Shaheen addressing New Hampshire's workforce challenge, Karmen Gifford, President of the Lakes Region Chamber

SEE SUMMIT PAGE A11

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Jamie Irving appointed to Belknap County Conservation District Board

MEREDITH — Jamie Campbell Irving from Meredith was recently appointed to the Belknap County Conservation District Board of Supervisors by the State Conservation Commission.

Donna Hepp, Conservation District Chair said, "Jamie is a terrific addition to our Board. His education and background in natural resource conservation and passion for helping others match our mission well."

Since graduating high school in 1998, Irving has lived and travelled throughout the United States, Caribbean and Central America. After briefly attending college in both Wyoming and Colorado, he returned to New Hampshire to finish an undergraduate degree in environmental studies at Colby-Sawyer College. He continued on to Antioch New England

University for a Master of Science in environmental resource management and administration.

Irving has worked with and for a number of non-profit organizations focused on conservation and/or environmental education and eco-literacy. Most recently, Jamie worked with Hidden Resources, a San Diego consulting company on composting initiatives on all scales, from single user to municipal and city-wide programs. Jamie has been on the Board of Directors for several other organizations including the Merrimack Valley Assistance Program. Jamie currently works with Watermark Marine Construction where he is responsible for contracting construction projects in the Lakes Region and related environmental permits. When Irving isn't working, he can be found snorkeling or scuba



Jamie Campbell Irving

COURTESY PHOTO

diving most of the year in the lakes and rivers of Central New Hampshire.

The Belknap County Conservation District is led by a five-person board who volunteer their time and expertise in natural resource science and management, farming and forestry. BCCD has assisted landowners and communities with conserving the County's natural resources for 72 years. Projects coming up this year include stream restoration work on Gunstock and Poorfarm Brooks, conservation information programs for schools and communities including a March 14 Stream Restoration Workshop, a Spring Plant sale and gleaning surplus produce from area farms and gardens for donation to local food pantries. For more information about BCCD, go to www.belknapccd.org.

Meredith Village Savings Bank Fund announces grants to local non-profits

MEREDITH — The Meredith Village Savings Bank Fund at New Hampshire Charitable Foundation has awarded \$120,000 to 35 non-profit organizations. These include \$99,000 awarded to 21 local agencies, and \$21,000 donated to 14 area food pantries. These grants are additional to the Bank's many local contributions in the form of sponsorships, donations and scholarships, as well as the impressive volunteer efforts of its employees.

"The community has always been at the heart of our mission," said Rick Wyman, President of Meredith Village Savings Bank. "We're very proud to be able to offer any support we can to organizations that provide so many wonderful local resources and services."

Recipients of the MVSB Charitable Fund include:

Camp Lawrence – Merrimack Valley YMCA (Lawrence, Mass.)

Awarded \$5,000 to help fund camping experiences for ten local boys from underprivileged families within the communities that the Bank serves to attend Camp Lawrence for Boys. Camp Lawrence is a diverse community of 150 campers and over 60 staff members from around the world. The camp covers 70 acres of Bear Island on Lake Winnipesaukee, and serves boys, ages 8-16.

Communities for Alcohol-and Drug-Free Youth/CADY (Plymouth)

Awarded \$5,000 to support the Launch Youth Entrepreneurship Program, a development program that combines workforce training, paid summer employment and substance misuse prevention strategies for youth living in the Newfound and Pemi-Baker regions. CADY was founded to educate families, schools and communities about the importance of



Rick Wyman, President of Meredith Village Savings Bank (center), stands with Meredith Village Savings Bank Fund Committee Members (left to right): Bill Johnstone alongside MVSB Board Members John Kitchen, Michael O'Leary and Charley Hanson.

drug prevention and misuse among youth of Central and Northern New Hampshire.

Copper Cannon Camp (Franconia)

-Awarded \$2,500 to allow children from low-income families who live within MVSB's service area to attend a one-week program at Copper Cannon. Copper Cannon offers free traditional summer camp experiences to participants who engage in stimulating activities that promote teamwork, group learning and social skills.

Friends Program (Concord)

-Awarded \$2,500 to help support the Friends Foster Grandparent Program, which focuses on early childhood development for at-risk children who need behavioral, emotional and educational support. The Friends Program accomplishes this by placing low-income senior volunteers in childcare centers and public school classrooms to provide critical support for student learning. The Friends Program is a social service organization that creates mean-

ingful opportunities for seniors to work with children through a mentoring program for at-risk youth.

Got Lunch – Ashland/ Holderness (Ashland)

-Awarded \$1,000 to support the Got Lunch program serving the towns of Ashland and Holderness for the summer of 2018. Got Lunch is a community-based program that provides healthy lunch foods to children during their summer break.

Grafton County Senior Citizens Council (Plymouth)

-Awarded \$5,000 to go toward the cost of a professional delivery service to pick-up donated food twice per week for GSCC Seniors. The Plymouth Regional Senior Center receives generous donations of up to 50 cases of food from Hannaford Supermarkets through the Fresh Produce Rescue Program of the NH Food Bank, and funding supports pick-up and distribution. GSCC provides home-delivered meals, outreach and counseling, on-demand transportation, activi-

ties

SEE GRANTS PAGE A11

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The Pros & Cons of Aging in Place at Taylor Community

LACONIA — One of the toughest decisions senior citizens face is whether to stay at home and age in place, or move to another setting for their golden years. To make the right decision, people need to be fully informed.

Join us Thursday, March 15 for "The Pros & Cons of Aging in Place," presented by Senior Living Consultant Donna Deos. The discussion will focus on what aging in place means, what options are available and the pros and cons of those options.

We invite you to stay for lunch as well. This free event will be held in Taylor Community's Woodside Building and RSVPs are required. Please call 366-1400 to schedule your seat.

Deos has worked in the Senior Living, Marketing, Sales and Advertising professions for the past 16 years. She also has a lifetime of experience as a caregiver in her own family. In 2013, Deos decided there



Donna Deos

must be an easier path for seniors as they age.

She started Donna Deos, LLC, providing counseling, coaching and education to proactive people navigating the challenges of aging.

Taylor Community is a not-for-profit Continuing Care Re-

tirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.



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MARKET DAY

(Continued from Page A1)

few replicas of the tools a shipbuilder would use, such as an adz, wedge, stakes, and others.

Smith said the biggest thing he learned was that ship builders didn't just make boats themselves and they got help from other trades.

Mattie Wilson did her project on the general storekeeper. She said the general store was also the post office and the bakery.

"It's one of the most important parts of the whole village," Wilson said.

Wilson, with some help from her mom, made a miniature version of a general store.

"A lot has changed in that it was much harder for women back then," Wilson said were some of the most important things she learned.

She said she learned women usually only got a year of education and could only do certain trades.

Jack Hazelton played a tailor, saying he chose the profession because it was "pretty important." He also made scissors as well as a mini display of a tailor's shop.

He said he learned, "How important the scissors and the measuring tape can be for the clothing."

Addison Guyer played a schoolteacher.

"I thought it would be interesting to learn about," Guyer said.

She presented items that could be found in schools back then such as a chalkboard and a dunce cap.

Guyer said she was surprised to learn, "there were multiple grades in the classroom at once."



Addison Guyer plays a school teacher for colonial market day.



Mattie Wilson talks to other students about being the keeper of a general store.



Drew Smith plays a ship builder for the colonial trades village market day.

ONE BOOK

(Continued from Page A1)

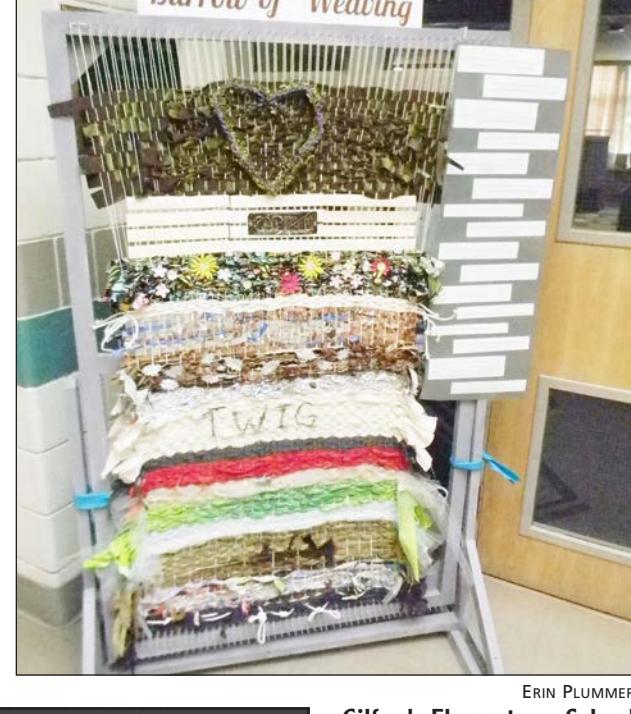
descriptive is one reason why they chose it for the project.

"It's nice to have kids talk about what they're reading and transfer it to their writing," Bolduc said.

Bolduc said this past week was a celebration of learning at the school.

Third graders showed their biographical research for the Third Grade Wax Museum.

Families attended the event and Bolduc said they were really impressed with the work and research the students did.



Gilford Elementary School students helped weave this display based on different quotes from Henry Cole's book "Brambleheart" for the "One School, One Book" project.

The Colonial Trades project was on Thursday, where fourth graders displayed what they learned about professions and life in colonial times.

Friday morning second graders shared their opinion writings with family members.

Also on Friday, kids exercised to raise money for the American Heart Association for Jump Rope for Heart.

"We were really trying to celebrate learning and celebrate their writing this year, so put a big emphasis on that because we want all kids to know they can be writers," Bolduc said.

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**JUMP**

(Continued from Page A1)

said.

Staff members and school volunteers led the different stations and helped out with the event. Ingram said having volunteers involved says a lot for the community that these people are investing their time with the school.

"They're just community members who obviously care about the health of their school community," Ingram said.

Volunteer Alicia Carsen helped with the potato sack race.

"I love it, they're so enthusiastic," Carsen said.

She said the kids have learned a lot about eating healthy and exercising through this program.

"I love getting involved, definitely," Carsen said.



Kids do an obstacle course for Jump Rope for Heart.



GES students do some hula hooping.

WINTER

(Continued from Page A1)



Freshmen dominate on the dodgeball court.



Sophomores show their spirit during Gilford High School's Winter Carnival.



Seniors dig deep in the tug-of-war.

and others. The winning women's and men's dodgeball teams went on to play staff members.

The seniors were the overall winners of Winter Carnival. The sophomores were in second place, the juniors were third, and the freshmen were fourth.

Senior class president Olivia Trindade said it felt great to win.

"It feels so good, and it feels well deserved in my opinion," Trindade said.

She said overall she would rather they lost and show good sportsmanship than won with

bad sportsmanship.

Trindade said as seniors it is bittersweet that this is their last year to do this.

Tripp said this was an amazing week overall with a lot of school spirit.

"The kids say it's the funnest week of the whole year," Tripp said.

Tripp said the students get really competitive, though they try to emphasize sportsmanship.

"As much as they're rivals we hope in the end they come together," Tripp said.

She said two seniors

talked to students each day about sportsmanship.

Varsity Club treasurer Lauren Dean said it's the biggest week of the year for everyone.

"I think everyone just showed really good sportsmanship," Dean said.

A lot of students showed their spirit and enthusiasm, including many who usually don't participate. Trindade said she has seen students who usually don't participate putting \$20 bills on other jars for Pennies for Fitness.

FALL

(Continued from Page A7)

hand rails that help greatly with raising and lowering the body. The cost runs anywhere between \$15 and \$50, so a simple and affordable investment in you or your loved one's long-term health.

Lighting can cause issues too. Try to keep walking areas well lit. Steep stairs, slopey drive-

ways and unstable tables and chairs can also be treacherous. Just pay attention, replace what you can and be aware of the danger.

Despite our best intentions, accidents will happen. Please know there are resources in your community to help you if you're at home with an injury. Central

New Hampshire VNA & Hospice provides professional nursing care, LNA services, and Physical Therapy in the home. Others provide home-making, meal preparation, socialization and pet care. Don't be afraid to reach out. The most important thing is to recover, and recover well. We are here for you.

GRANTS

ties, educational programs, congregate meals, volunteer opportunities, assistance with chores and repairs and telephone reassurance to the homebound community.

Granite State Adaptive (Mirror Lake)

Awarded \$5,000 to help fund its outreach to Lakes Region and Seacoast area children who will benefit from equine assisted therapies such as adaptive riding and hippotherapy. The Granite State Adaptive was founded to provide individuals who have a disability the opportunity to develop independence, confidence, life skills and fitness through participation in sports, therapy, training and recreation programs.

Greater Lakes Child Advocacy Center (Laconia)

Awarded \$2,500 to build the organization's 2018 literature library for children and families that visit its center. The Greater Lakes Child Advocacy Center is a program of the Granite State Children's Alliance, serving children throughout Belknap County. Its mission is to provide victims of child abuse in New Hampshire a neutral environment where justice, healing, equity and prevention are fostered through the consistent, high quality and sustaining collaboration of community partners.

Harbor Homes (Nashua)

Awarded \$25,000 to support the construction of the organization's Boulder Point Veterans Housing Facility in Plymouth. The facility will provide permanent housing to the area's most vulnerable, low-income, disabled and homeless veterans. Harbor Homes is based in Nashua, and serves low-income individuals and families who are homeless, at risk of homelessness, or living with mental illness and other disabilities.

Laconia Police Department (Laconia)

Awarded \$2,500 to help the department promote non-enforcement contact with the public and local youth through its Cop Card program, which consists of trading cards created about each officer with his/her picture and biography. The program is popular among young local residents, promoting invaluable bonds between children and trusted adults of the community.

Lakes Region Visiting Nurses' Association (Meredith)

Awarded \$5,000 to support specialized care in a patient's home with hospice related services within Meredith. This is a significant community

project and critical to the Lakes Region, as there are currently no local hospice program available in Meredith. LRVNA provides health care services to citizens of its rural communities within the comfort of their homes.

LIFE Ministries Food Pantry (Wolfeboro Falls)

Awarded \$5,000 to help remodel and renovate the LIFE Ministries Food Pantry. Major goals of the renovations include creating more storage and private rooms, improving of traffic flow patterns and increasing space for newly donated refrigerators and freezers. LIFE Ministries Food Pantry serves meals to individuals and families up to three times per day, three or more times per week.

Meredith Center Free Will Baptist Church (Meredith)

Awarded \$5,000 to help fund the repair of the steeple and bell cradle for Meredith Center Free Will Baptist Church, one of area's landmark churches located on 122 Meredith Center Rd.

New Durham Food Pantry (New Durham)

Awarded \$10,000 to contribute to the purchase of its current building. The purchase will allow the New Durham Food Pantry to continue operating for local area residents who depend on its services. The Food Pantry provides needed food and household essentials to families and individuals in New Durham and its surrounding communities.

NH Historical Society (Concord)

Awarded \$2,500 to support the expansion of the Society's education program to Lakes Region students. Educational services are provided through class field trips to its museum in Concord and through visits to local-area schools by Society teachers. The New Hampshire Historical Society is the independent nonprofit that saves, preserves and shares state history, serving thousands of children and adults each year through its museum, library, education, publications and outreach programs.

White Horse Addiction Center (Center Ossipee)

Awarded \$5,000 to go toward the implementation of treatment programs for Medical Withdrawal Management, 28-Day Residential Treatment, Low Intensity Residential Treatment

NH Humane Society (Laconia)

Awarded \$1,500 to help fund the roof construction of its outside pens, which would allow shelter dogs to play outside year-round, while remaining protected from the elements. The Humane Society was founded on the mission of finding responsible and caring homes and shelter for lost, abandoned and unwanted animals.

One Sky Community Services (Portsmouth)

Awarded \$5,000 to contribute to One Sky's Readiness Fund that addresses needs not covered by Medicaid or other state funding. The Fund helps clients support their most basic needs to facilitate personal growth and success in life. One Sky Community Services is a private, non-profit organization under contract with the state of New Hampshire that assists infants, children, young adults and seniors with developmental disabilities or acquired brain disorders to live as valued and participating members of their communities.

Patriot Resilient Leader Institute (Gilford)

Awarded \$6,000 to sponsor a Camp Resilience session in 2018. Camp Resilience provides sustained comprehensive curriculum to help wounded veterans recover their well-being by engaging in sports, adventure activities and life-skill programs.

Pemi Youth Center (Plymouth)

Awarded \$2,500 to help expand its services, centers and reach into Tilton and Franklin. Pemi Youth Center is an empowerment program serving youth, ages 10-17, within the Greater Plymouth region. The organization was founded to provide a safe and welcoming place for young people outside of school, so that they can gain a sense of community, belonging and self-esteem.

White Horse Addiction Center (Center Ossipee)

Awarded \$5,000 to go toward the implementation of treatment programs for Medical Withdrawal Management, 28-Day Residential Treatment, Low Intensity Residential Treatment

NOTEBOOK

(Continued from Page A4)

I make a mistake, there is the incredible eye of a turkey, spot on Me.

+++++

Turkeys and deer have been coming to enrich my view through the kitchen window. Nothing makes doing dishes more palatable than wildlife on parade.

(Continued from Page A9)

NH Humane Society (Laconia)

and Sober Living by 2018. White Horse Addiction Center provides care for substance misuse and substance use disorder through its recovery center and outpatient program.

WinnAero (Gilford)

Awarded \$3,000 to support its 2018 Aerospace Career Education (ACE) Academies conducted at Laconia Municipal Airport. The ACE Academies include field trips and aerospace education programs for students in high school, middle school and elementary school. WinnAero was founded to promote youth interest in STEM through aviation and aerospace educational programs and experiences. WinnAero also aims to foster enthusiasm for flight, aeronautics and aerospace for people of all ages.

(Continued from Page A9)

One Sky Community Services (Portsmouth)

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Turkeys have now spread all over the state, even unto its highest reaches. I've slipped on turkey-droppings on the way into camp, in the Middle of Nowhere. There are no data on what their range was before they were extirpated by settlers and market hunters in frontier times.

One of my friends whose descendants hunt these birds calls them "iron-clad buzzards." They do seem to resemble Old Ironsides. Not even Thirty-aught Six seems sufficient.

They show up morning and night to scratch and scruff for any morsel, pecking their way into seeming oblivion. I mean, just how much hammering can a head take?

But consider the wood-pecker.

+++++

(Continued from Page A4)

Once, on a run in from Bungy, I met a flock of seven or so turkeys on the side of the road, and they immediately took off, which in the annals of Turkeydom is like the 101st Airborne.

Down through the pole hardwoods they went, wings outstretched, canting and tilting this way and that, to get around at high speed.

Build fighter planes their equal, I thought, and we would rule the skies, which I guess we do.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguy-hooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

SUMMIT

(Continued from Page A8)

of Commerce and Justin Slattery, Executive Director of Belknap EDC discussed the importance of offering a similar event focused on the Lakes Region business community. Finding skilled workers with the right skills or training for the job is a common challenge facing local businesses across industries. The event will highlight local success stories and best practices that have resulted in successfully retaining skilled employees and creating work environments that attract new employees. Topics will include age-specific population projections, student internships and ELO opportunities, higher education programs and skill training, impacts of housing, transportation and student debt factors. An interactive discussion will be encouraged between panelists and the audience.

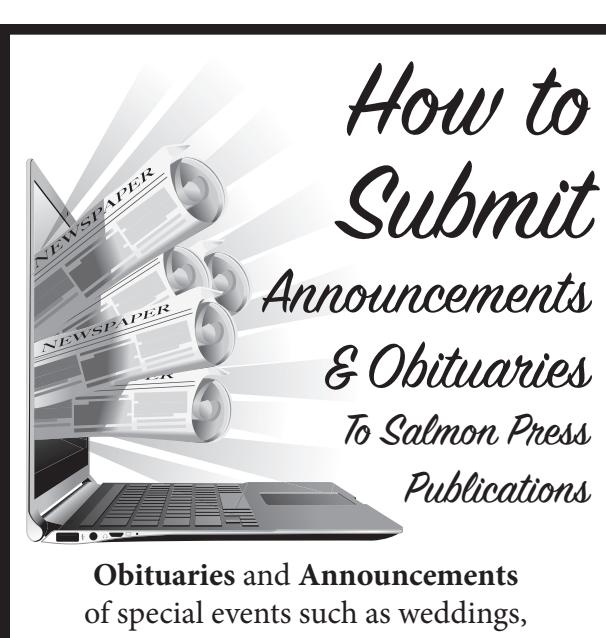
The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 351 grants totaling \$1,410,867 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. The deadline for consideration for the next grant cycle is Oct. 15. Applications are available on the Bank's website and at all MVSF offices.

For nearly 150 years, Meredith Village Savings Bank (MVSF), has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSF and its employees are guided by the values of accountability, mutualism, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsf.com.

To highlight a valuable educational resource in our commu-

nity, the event will kick off theater style in Lakes Region Community College's new Automotive Technology Building. Attendees will receive a copy of NH's Workforce Challenge: Innovative Approaches to Attracting and Retaining Workers prepared by the U.S. Senate Committee on Small Business & Entrepreneurship. The agenda includes two panels and opportunities to network. Business owners, human resources managers, and business leaders are encouraged to attend. Attendance is free. Special thanks to the support of event sponsors, Meredith Village Savings Bank, Eversource and the collaboration of many local businesses. Registration is required for planning purposes. For a full agenda and to register on-line, go to LakesRegionChamber.org or call the chamber at 524-5531 for more information.

The Chamber is a non-profit membership organization made up of 500+ member businesses making a financial commitment within 24 Lakes Region towns/cities. The Chamber's vision is to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region.



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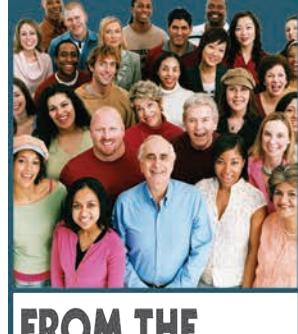
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SPORTS




RC GREENWOOD

Lauren Dean launches a shot during her team's game with St. Thomas last week.



BOB MARTIN

Olivia Trindade takes a shot for Gilford in last week's playoff opener against Stevens.

Golden Eagles earn semifinal berth

Gilford hoop girls beat Stevens and St. Thomas to advance to Final Four

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford girls' basketball team extended its winning streak to 18 games last week by winning two playoff games and advancing to the semifinals in the Division 3 state tournament.

On Feb. 21, the second-ranked Golden Eagles knocked off 15th-ranked Stevens in the first round by a score of 53-25. Gilford jumped out to a 12-6 lead after one quarter

and had a 29-11 lead by halftime. It didn't get any easier for Stevens in the second half with Gilford outscoring Stevens 15-6 in the third quarter and 9-8 in the fourth quarter.

Senior captain Brooke Beaudet led the scoring charge for the Golden Eagles with 22 points. Beaudet was 4/4 from the free throw line and hit four three-pointers in the game. Beaudet also had four rebounds and six assists.

Shelby Cole was



BOB MARTIN

Brooke Beaudet had a great week last week for Gilford and helped bring the Golden Eagles to the semifinals.

a great option with 14 points in the win, which included a pair of three-pointers. Cole was also 4/4 from the free throw line. Hannah Perkins had seven points and 12 rebounds in the win.

Lauren Dean also

had seven big rebounds for the Golden Eagles in the game. Olivia Harris added four rebounds, three steals and two assists, as well. Olivia Trindade had three assists.

Beaudet said it is clear that after losing the first two games of the season, the Gilford squad is on a roll.

"Everything is just

clicking now," Beaudet said. "The first two games were rough because we weren't rolling together-playing together. We didn't find our roles yet but now we have confidence with ourselves and are going with the flow."

Beaudet said the key has been finding a game plan that works

and sticking to their guns. She said it has been great to see more aggressiveness coming from Perkins, and she acknowledged that she and Cole have been shooting more often and more efficiently.

"Our defense has been getting a lot better, too," said Beaudet. "We are just playing a lot better."

Beaudet said as a captain she tells her fellow teammates to keep up the intensity and go for it every game. She said having complete games is key, and that they can't rely on big second halves.

Coach Rick Forge agreed with Beaudet and said he was very happy with the effort of his team. He said it was great to be able to jump out early and cruise to a win.

"It was a good team effort tonight," said Forge. "We only ended up with 10 turnovers on the night. When you

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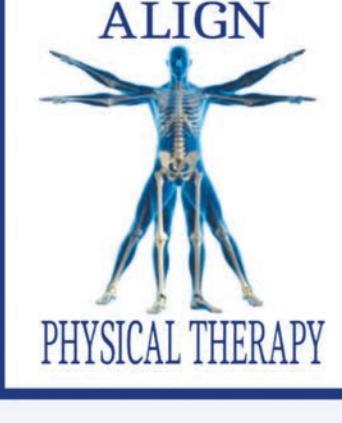
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Overview of Taylor Community Talk March 15th on "The Pros & Cons of Aging in Place":

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Golden Eagles wrap up regular season with a win

BY BOB MARTIN

Bob@Salmonpress.news

WHITEFIELD — It was an exciting end to the regular season for the Gilford High School boys' basketball team on Feb. 24, when the Golden Eagles traveled to White Mountains and came away with a 67-64 double overtime victory.

"We had many outstanding performances particularly from players off the bench, including Pat Carr, Chris Remick and especially John Nelson," said coach Chip Veazey. "Greg Madore had an outstanding first half and Adrian



BOB MARTIN

Adrian Siravo looks to make a move to the basket for Gilford High School. Siravo has been showing his high flying skills this season, and most recently he had a two handed dunk in traffic during the overtime win.

Siravo was very strong in the second half. Nate Hudson kept things together late in the game. It was very exciting and the players were really pumped after."

Madore was the top scorer with 29 points and 10 rebounds in the win. Hudson had nine points and five rebounds while Logan Hughes and John Nelson had six points apiece.

Siravo had 13 points and eight rebounds. Siravo has shown that he can get to the rim on multiple occasions this season, and this game he had a two-handed dunk in traffic during the second overtime.

Gilford ended the regular season with a record of 14-4. The Golden Eagles ranked sixth in Division 3 and will host St. Thomas on March 1.

Muskrats searching for host families this summer

LACONIA — The Winnipesaukee Muskrats, the Lakes Region's entry in the prestigious New England Collegiate Baseball League (NECBL), are looking for local families to host players for the 2018 summer season. Some of the top college athletes in the country make their way to central New Hampshire to hone their skills on their way to the pros.

"We have a terrific roster of players from Arizona to Florida and New England to Louisiana. We even have two players from Taiwan," according to Muskrats Assistant General Manager Carey Hough. "Host families are a crucial element to the Muskrat organization's overall success. It allows our players to have a place to call home for two months and guidance on the region so they can focus on becoming better players."

Hough also noted that you can still host a Muskrat even if you already have summer vacation plans, stating that, "We will find temporary accommodations while you are away. Once you return, your player will return to you."

"Not only is it a great way to help a budding athlete, but you can really build a bond," Hough added. "It's such a fun and rewarding experience. My family has hosted players for the last three summers and we are still in touch with each of them. They are wonderful role models for our young boys, who had a blast with them."

If you would like to become a host family or have any questions about the program you can e-mail hosting@muskratsbaseball.com or call 413-330-6304.

Boat Bash Snow Crash scheduled for March 3

FRANKLIN — The East's second annual dual snow kayak race (Boat Bash Snow Crash) will be held on Saturday, March 3, at the Veterans' Memorial Recreation Ski Area (VMRSA) at 266 Flaghole Road in Franklin. The day-long festivities begin at 10 a.m. and run until 8:30 p.m. Registration for racers will be from 10 to 11 a.m., and there is open sledding from 10 a.m. to 2 p.m.

Official racing begins at 2 p.m. The event proceeds will benefit the Franklin Outing Club and Mill City Park. The first 100 people to arrive will receive a free koozie.

Activities will include such activities as affordable skiing for families; free skating; free snowmobile and cross-country skiing trails; disc golf; hiking, biking and walking trails; and more. You can learn more about the Veterans Memorial Recreational Ski Area by visiting www.veteranskiarea.com or www.facebook.com/veteranskiarea, by calling Ellen Coulter at 934-0148.

Established in 2016, Mill City Park at Franklin Falls is a non-profit adventure park with plans to create a white-water park, mountain bike pump track, and community garden.

AMERICAN RED CROSS BLOOD DRIVES

CELEBRATE RED CROSS MONTH BY GIVING BLOOD IN MARCH

MANCHESTER, NH (Feb. 19, 2018) – During Red Cross Month in March, the American Red Cross encourages eligible donors to join in its lifesaving mission by giving blood.

Since 1943, every U.S. president has designated March as Red Cross Month to recognize how the Red Cross helps people across the country and around the world. Red Cross Month is a celebration of supporters, who are the face of the Red Cross in their communities and bring hope to people facing emergencies.

Blood donor Timothy Sheely knows the need firsthand. His wife required 12 units of blood during emergency surgery following the birth of their son. "If it had not been for blood donors, she might not have survived," he said. "Thanks to generous blood donors, I still have a wife and my kids still have their mom. I can't possibly thank those people in person, but I can give a little piece of me back with each donation for the greater good."

The Red Cross depends on blood donor heroes across the nation to collect enough blood to meet the needs of patients at approximately 2,600 hospitals nationwide. Donors of all blood types, especially type O, are needed to help those rely on blood products.

Make an appointment to become a hero to patients in need by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

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Drexel Church, 40 Hidden Springs Road

Laconia

3/2/2018: 9:30 a.m. - 2:30 p.m., Lakes Region
Community College, 379 Belmont Road

Tilton

3/12/2018: 9 a.m. - 2 p.m., Winnisquam High
School-Tilton, West Main Street

3/3/2018: 10 a.m. - 3 p.m., Tanger Outlet Center,
120 Laconia Road

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College, 53 Technology Ln

3/9/2018: 12 p.m. - 5:30 p.m., Moultonborough Lions
Club, 139 Old Route 109A

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3/8/2018: 3:30 p.m. - 7:30 p.m., Bow Memorial
School, 20 Bow Center Road

Concord

3/1/2018: 9 a.m. - 2 p.m., BW Design Group, 5 Chenell Drive

3/15/2018: 10 a.m. - 3 p.m., New Hampshire Community Loan

3/12/2018: 1 p.m. - 6 p.m., National Guard Armory,

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Bulldogs prepare for playoffs

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA — The Belmont/Gilford hockey team finished the regular season with a 10-7-1 record and will face Berlin/Gorham in the first round of the Division 3 state tournament on Saturday.

Last week the Bulldogs faced Merrimack and suffered a 6-2 loss. The Tomahawks struck first with 9:13 left in the first period with a goal by Regan Sedlar, assisted by Zach Stimeling and Andrew Frothingham. Merrimack scored again with 6:34 remaining in the period with a goal by Steve Licata, with an assist by Hunter Burke.

The Bulldogs got on board in the second period with a goal by Miles Defosses with 13:35 remaining. It was assisted by Troy Gallagher and Harrison Parent. While this cut the lead to one goal, Merrimack answered back quickly with a goal by Matt Warrington, assisted by Dominic Carozza and Stimeling to make it a 3-1 game.

Merrimack increased its lead to 4-1 in the third period with a goal by Carozza, assisted by Frothingham and Isaiah Kepnes. However, the Bulldogs wouldn't give up and cut the lead down to 4-2 with another goal by Defosses with 7:32 left in the game, with

assists by Parent and his brother Hayden Parent.

While the Bulldogs put up a fight, this would be the last of the scoring output for Belmont/Gilford for the night. Merrimack tacked on two more goals in third period by Warrington and Burke. Assists went to Stimeling and Steve Licata in the first goal, and Licata and Warrington in the second goal.

Goalie Colin McGreevy certainly had his hands full with 62 saves in the game, including 25 saves in the first period.

It was a tough game for Belmont/Gilford, but the Bulldogs bounced back against Laconia/Winnisquam and came away with a 9-2 win. The Bulldogs scored six times in the first period, once in the second period and two more times in the third period.

The first two goals were by Cody Hodgins, with assists by Hayden Parent and Cam Jarvi. Harrison Parent then scored two unassisted goals in the first period. Defosses had the fifth goal of the first period with an assist by Hodgins and Joey Blake. Harrison Parent rounded out the scoring in the period with a goal assisted by Gallagher and Liam Lacy.

Defosses scored with 4:21 left in the second period, with assists

by Logan Brady and Blake. With 10:26 left in the third period Harrison Parent scored, with assists by Hodgins and Lacy.

In the third period the Wolfpack had a pair of goals in an attempt to get back in the game. The first goal was with 7:24 left in the period by Nick Luther, assisted by Christian Vaughan. Just over 30

seconds later Ryand Fields scored for Laconia/Winnisquam with assists by Hannah Max and Noah Smith.

However, the Belmont/Gilford squad added on a couple of insurance goals in the third period. The first goal was by Harrison Parent with assists by Hodgins and Lacy, with the second coming unassisted by

Hayden Parent.

Coach Dave Saball has acknowledged all season that it was a work in progress with his team, but he said playing tough teams like Merrimack and Goffstown of late have helped immensely.

"The team's playing well going into playoffs," said Saball. "Playing Merrimack and Goffstown, even

through we lost, helped us a lot by challenging us and making us play at a faster pace, which gave my players less time and space to execute, which will help us in the long run going in the playoffs. We need a good week of practice to be ready for our next challenge to face the always tough Berlin at home Saturday."



BOB MARTIN

Seniors honored

The Gilford High School girls' basketball seniors were honored at their final home game against Belmont High School on Feb. 16. From left to right, the senior basketball players are Olivia Harris, Olivia Trindade, Lauren Dean, Brooke Beaudet, Taryn Breton and Emily Smith.

Stow, Townsend lead Golden Eagles in pair of Nordic races

BY BOB MARTIN

Bob@Salmonpress.news

SANDWICH — On Feb. 19, the Gilford Middle School Nordic team competed in the middle school state championship at the Sandwich Fairgrounds with Catherine Stow and Mitchell Townsend winning their skate races. The GMS boys' relay team also won the relay and got first place overall. The girls' team won its relay race as well, but placed second overall.

For the girls' team, Stow won with a time of 13:56, which just edged out Vanessa Genakos, who had a time of 15:40. Ashley Kulcsar had a time of 16:31 for ninth place while Sydney Eastman raced to a 32nd place finish and a time of 18:11. Megan Legro was 73rd with a time of 22:03 while Eva Bondaz had a time of 22:38 for 29th place. Rylee Ste-

fan had a 92nd place finish with a time of 26:10.

For the boys' team, Townsend won with a time of 12:55. Aiden Bondaz raced to a 14th place finish with a time of 15:46. Henry Stow was 19th with a time of 16:07 and Patrick Gandini had a time of 17:36 for 32nd place.

Aiden Townsend had a time of 17:37, good for 34th place. Clark Blackwelder finished 74th with a time of 21:27 and Ian Loblard was 76th with a time of 22:11. Ben Czerwinski finished 87th with a time of 23:31.

On Feb. 17, Gilford Middle School Nordic skiers participated in the NHCNA Coaches Series Race, with Catherine Stow and Mitchell Townsend both taking first place.

For the girls' race, Stow finished with a time of 13:26.8 to take

the win. Her teammate, Genakos, came in second with a time of 15:42.3. Kulcsar came in 18th with a time of 17:44.2. Eastman was 44th with a time of 19:47.3. Skiing to a 65th place finish was Bondaz with a time of 22:18.5.

In the boys' race, Mitchell Townsend was the clear winner with a time of 12:31.3, beating out Eben Misavage's time of 13:24.1. Bondaz had a time of 16:27.4, which was good for 22nd place while Stow placed 26th with a time of 16:47.6.

Gandini was 30th with a time of 17:21.5 and Alden Townsend was 17:33.3. Carter Forest placed 45th with a time of 18:43.5 and Kulcsar was 51st with a time of 19:54.8. Lofblad skied to a 59th place finish with a time of 20:57.3 and Czerwinski was 67th with a time of 23:59.6.

For the girls' race, Stow finished with a time of 13:26.8 to take

able at the pond. Club members will provide lessons for the first timers. No registration required, just show up and have fun. Bring your children or grandchildren and let them experience the joy of catching and pulling a

fish through a hole on a frozen pond. At noon in the club house on Lily Pond Road, the BCSA will have awards and trophies for the largest fish caught as well as having hot dogs, chips, and milk for all the participants.

Fishing derby March 4 in Gilford

GILFORD — Belknap County Sportsmen's Association will be holding its annual free kid's ice fishing derby on March 4, at Lily Pond, Gilford, 9 a.m. to noon. Bait, tip-ups, hot chocolate and hot coffee will be available at the pond. Club members will provide lessons for the first timers. No registration required, just show up and have fun. Bring your children or grandchildren and let them experience the joy of catching and pulling a



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New Hampton grad Annalisa Drew just misses out on Olympic medal

Loon Mountain skier finishes fourth in halfpipe in South Korea

BY JOSHUA SPAULDING

Sports Editor

PYEONGCHANG, South Korea — Annalisa Drew brought her A game to the qualifying rounds of the skiing halfpipe at Phoenix Snow Park on Monday, Feb. 19, and still admitted she had more to give heading into the finals.

"I've got a few tricks up my sleeve," the New Hampton School graduate said after finishing fourth in the qualifying round with a best score of 86.

She showed that she indeed did have something left to give the next morning, when she took to the pipe for the finals and sat on the precipice of a bronze medal after her big third and final run.

Drew's third run got a 91 from four of the judges and a 90 from the fifth judge for a score of 90.8. That put her in third place behind Canada's Cassie Sharpe (95.80) and France's Marie Martinod (92.60) with just those two skiers and Drew's teammate, Brita Sigourney, left to make their runs.

While Drew was excited about her run, she knew her teammate was going to up her game and knock her off the podium before Sigourney even got in the pipe.

"I knew she had it as soon as she dropped in," Drew said of her teammate. "I know Brita."

Sigourney's third run of 91.60 edged out Drew and put her to fourth place to close out the competition.

"That's the best skiing I've done all season," she said. "I'm excited about that."



JOSHUA SPAULDING
ANNALISA DREW finished fourth in the skiing halfpipe in PyeongChang last Tuesday morning.

"And I'm super-stoked for Brita," Drew continued. "When I got into third it was nice but I wasn't going to celebrate too early. I am happy for her."

Drew had an 86.8 on her first run and a 73 on her second run and sat in fourth place for most of the day after qualifying in fourth place. The third and final run showed what she's capable of.

"That's the best score I've ever had," she said. "Everybody is on top of their game right now."

She also noted that the Phoenix Snow Park halfpipe was an incredible place to compete.

In qualifying, Drew put down an 85.4 on her first run and then upped it a bit on her second run to earn the 86. That put her fourth behind Sharpe (93.4),

US women reflect on historic gold medal victory

BY JOSHUA SPAULDING

Sports Editor

PYEONGCHANG, South Korea — Perhaps the most exhilarating and exciting moment in the 2018 PyeongChang Winter Olympics came in the middle of the night in the United States.

With bleary-eyed fans glued to their television sets, the United States women's hockey team went toe to toe with their rivals from Canada on what was a middle of the afternoon game in Korea.

The US got on the board first, scoring inside the final minute on the power play, with Hilary Knight lighting the lamp for a 1-0 lead after one.

Canada came back and scored twice in the second period to take a 2-1 lead after two, but Monique Lamoureux-Morando scored with just about six minutes to go to tie the game and the two teams went to overtime. After overtime couldn't decide a winner, the game went to a shootout and finally, six rounds later, the US won its first gold medal in women's ice hockey since the sports inaugural Olympic appearance in 1998.

Jocelyn Lamoureux-Davidson scored with a gorgeous move on the Canadian keeper in the sixth round and then keeper Maddie Rooney stoned Canada's Meghan Agosta, who had beaten her earlier in the shootout, securing the US win.

During the shootout, a camera in the arena caught Rooney flashing a smile and the next day, a number of the US women gathered for a press conference in the Main Press Center and she was asked about it. The young goaltender had plenty of confidence, it turns out.

"I was just looking at the bench and seeing the positive energy, to have that spirit made everything easy," she said. "I knew we had

Martinod (92) and Sigourney (90.60).

"I'm super-stoked," Drew said after her second qualifying run "I've been struggling (with her first hit), so to put it down twice is nice."

As the second American down the slopes, the Loon Mountain-trained skier got three 86s, an 85 and an 84 on her first run and then got two 87s, an 86 and two 85s on her second run.

She noted that the competition in halfpipe continues to get better and better.

"There's definitely a lot of progression," she said. "Women are

throwing down.

"It used to be a few people threw 10s and now almost everybody is," she continued. "It's exciting to see it."

Drew was one of three Americans to move on to the finals, joining Sigourney and Maddie Bowman, who finished in sixth place overall. Bowman, the defending Olympic gold medalist, struggled to land all three of her runs in the finals and finished in 11th place overall.

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



TEAM USA members (l to r), Meghan Duggan, Hilary Knight, Monique Lamoureux-Morando, Jocelyn Lamoureux-Davidson and Maddie Rooney show off their gold medals after a press conference the day after their gold medal win. Most of the girls admitted to having not taken the medals off their neck.

it."

Coach Robb Staber was excited for his players and their accomplishment.

"I'm very happy for our players," he said. "Everyone expected a gold medal game, but it's not that easy to get there."

"Our players stuck to the game plan," he added. "I'm very biased, but I think the best team won last night."

"Our mission for our team since day one, we wanted to focus on ourselves and be the best team we can be at Team USA," said captain Meghan Duggan. "It was about Team USA last night."

Knight noted that she had her phone off prior to the game and when she turned it on, the outpouring of support froze up her phone.

"I'm still overwhelmed by the outpouring of support I'm continuing to receive," Knight said. "To bring back a gold medal after 20 years is an amazing feat and I'm excited to

go back home and share it with everyone."

"You don't get there by yourself," Lamoureux-Davidson stated. "There's a whole team behind the team, the support we've had from friends and family is indescribable."

The Lamoureux twins, Knight and Duggan are among six players who were on the team in Sochi four years ago when they lost to Canada in overtime. They said coming back and winning was extra special.

"You can train for four years and there's no guarantee you'll be on the team," Lamoureux-Morando said. "There's no guarantee you'll be in a gold medal game."

"But the stars just kind of aligned for us," she added. "It seems like it was just meant to be."

The US women's team famously held out of contests last year in order to get the same support the men's team get and Duggan noted that really bonded the

team together.

"There were a lot of ups and downs, a lot of things you go through as a team," Duggan stated. "How do you grow as a team if you don't face challenges."

"We're so proud to be sitting up here, it's the greatest moment of our lives," she added.

Both Knight and Duggan acknowledged that they'd love to see other countries build up teams as successful as the US and Canada teams have been over the years and they're hopeful that they can do something to help facilitate that growth.

But, the team captain reiterated that the United States will continue to strive to be the best.

"We want to be the best team in the world and the USA is not going to stop trying to be the best team in the world," she said.

As of right now, these women are just that.

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

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Vonn takes bronze in final Olympic downhill

US puts four women in top 15 in premiere alpine event

BY JOSHUA SPAULDING

Sports Editor

PYEONGCHANG, South Korea — It was a bit of an emotional day for the arguably the best women's alpine skier in history.

Skiing in what would most likely be her last Olympic downhill, with friends and family in the stands at Jeongseon Alpine Center, skiing in honor of her late grandfather and after missing the Sochi Olympics with an injury, Lindsey Vonn had reason to be emotional.

But tears dried and a smile on her face, she addressed the media after skiing her way to bronze in the downhill on Wednesday, Feb. 21.

"The last eight years has been full of ups and downs, a lot of downs," said Vonn. "Especially 2013 to now."

"But it's all made me who I am, made me a stronger person," she continued. "And it makes you appreciate every opportunity that you have."

"I am so thrilled to be here and be on the podium in what is most likely my last Olympic downhill run," she added. "I'm really proud to have another medal and be on the podium with the next generation of these girls."

Joking that at 33, she was over the hill in ski racing, she also noted that with the injuries and pain she's



LINDSEY VONN speaks with reporters after finishing with a bronze medal in the PyeongChang downhill last week.

dealt with, this likely would be the last time she puts on an Olympic bib.

"I was this wasn't my last Olympics, but it is," she said. "I'm just trying to deal with the emotions of that and everything."

Vonn, considered

JOSHUA SPAULDING

one of the favorites entering the downhill race at Jeongseon Alpine Center, had bib number seven and came out of the gate strong but couldn't quite catch Italian Sofia Goggia, another favorite who had put down a time of 1:39.22

in the fifth spot. Vonn skied into second place in 1:39.69 and that spot held until bib 19, when Norwegian Ragnhild Mowinckel put down an impressive run of 1:39.31 to take second place and bump Vonn to third.

"Maybe I was a little too clean, too precise on the line," she said of her run. "But I didn't make many mistakes, I was happy with what I did."

As she finished, she pointed skyward with a kiss, a motion toward her late grandfather.

"I wanted to win for my grandfather, but I think he would still be happy with bronze," Vonn added. "That is what counts. My family is proud of me, I am proud of me and today, bronze feels like gold."

She also reflected back on the last few years and the injuries she's overcome to be back on the Olympic track one more time.

"The injuries have made me stronger because they've helped me become the person I am today," she said. "That's what makes life interesting and makes you appreciate the moments like this."

For Vonn's sisters, watching from the stands, there was plenty to be proud of from their big sister.

"She always skis her best with every single run," said Karin Kilow. "She did the best she could and left it all on the hill."

"Every single thing she's done the last eight years comes to this day, less than two minutes," she continued.

Speed coach Chip White noted that Vonn's leadership has been key on the team and it showed in the US putting four finishers inside the top 15 in a highly-competitive field.

"She's a team player," White said. "The whole team is coming together as a group and she's a strong leader."

"Obviously, she

wanted more, but she always skis her heart out and gives everything she can," White added. "Missing out on Sochi was a heart-break, but eight years later (after gold in Vancouver), to still be on the podium shows a lot about her character and what a professional she is."

"Any medal is good at the Olympics," said Vonn's coach Chris Knight. "You can't be disappointed with a medal."

"Getting here for us was half the battle," he added. "It would've been a fairy tale ending to have a gold medal, but it's not always a fairy tale."

The remainder of the US field supported Vonn very well, with Alice McKennis skiing to fifth (1:40.24), Breezy Johnson taking seventh (1:40.34) and Laurenne Ross taking 15th (1:41.10).

"Every time you hope for a medal, but top five is great," said McKennis. "I'm happy with my run."

McKennis hadn't had a top 10 finish since 2013, like Vonn, dealing with injuries and other issues.

"I haven't seen a top five next to my name in years," she said. "To have a number that low is truly amazing."

She also praised her longtime teammate for her support over the years. They embraced at the finish line.

"I told her she should be proud," McKennis said. "It's been eight years for both of us to get here again. The Olympics are emotional."

"That's the run I wanted to put down," Johnson said. "It is one of my best results in downhill, but I have to keep working on getting myself better and maybe I'll be back here some day."

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

HOOPS

can limit the turnovers to 10 and force 17 of them, things are looking good. I thought tonight the key was starting off well and getting people involved right away."

Forge said it was a well-rounded attack that started right from the beginning. He said this was key, as first game jitters can be tough to overcome at times.

"I've been in the other position in my career where you come in as a 15 seed, but oftentimes we were playing the next day," said Forge. "Anything can happen. You just never know. I didn't think there was any complacency by our kids tonight and that was great to see. Now we just have to keep this roll going."

Forge said it was great that the team has had home court, saying that the court is large and works well with the speed and tempo that the team likes to play with.

He said the streak is a long one, but he is no strangers to long streaks as he once had a team that won 25 straight and won the division in 2016. As a coach, he said the key is to keep the players loose and focus on the tasks at hand.

"The kids all know that Brooke is the leader on the court, but she isn't a person who will just come down and shoot all the time," said Forge. "She is going to find people and if you are open she will get you the ball. Tonight they didn't have a matchup for her and that helped in the win."

On Feb. 24, the Golden Eagles hosted St. Thomas Aquinas in the quarterfinal round and won 51-31. Once again, the team came out red hot, scoring the first 10 points in the game. While St. Thomas hung around for a bit, Gilford managed to have a commanding 32-21



Olivia Harris had five points for Gilford in the quarterfinals.

BOB MARTIN



Coach Rick Forge talks with his team during a timeout in the quarterfinals.

BOB MARTIN

lead at the half. Much of this was due to the tenacious defense by Beaudet.

In the second quarter of the game the Golden Eagles held St. Thomas scoreless for the final four minutes. Beaudet had a steal and a layup with about 4:20 left, and then thwarted a St. Thomas fast break with a big block a minute later.

Seconds later she had another block as she came flying out of nowhere, stopping another scoring chance.

About 20 seconds later she had a steal on an inbound pass. Beaudet also showed her outstanding passing skills at the end of the quarter with an assist to Perkins.

At halftime, Beaudet had seven points,

and Cole had nine points to lead the way for Gilford.

The third quarter was fairly even with Gilford outscoring St. Thomas 9-8, but it ended with another fantastic block by Beaudet followed by a long three-pointer by Cole.

In the fourth quarter, it was all Gilford. Gilford's tight defense held St. Thomas to only two points compared to 10 points for the Golden Eagles.

Cole led the team in scoring with 15 points, followed by Perkins who had 14 points, two blocks and five big rebounds.

Harris had five points and had a huge night on the glass with 13 rebounds. Dean had six points and seven rebounds. Abby O'Connor also came off the bench and

had one of the team's six blocked shots.

The star of the game, however, was Beaudet. While she only had 11 points, that didn't tell the whole story. Beaudet filled the stat sheet with seven rebounds, eight assists, six steals and three blocks in the win.

"It was a good win tonight against a tough team in St. Thomas, who also had a nice little win streak going," said Forge. "To hold them to 31 points shows how well our defense was playing. That and coming out with 10 points right away was the key, I think, to the game."

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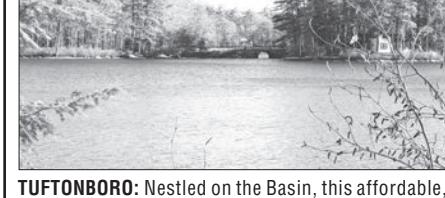
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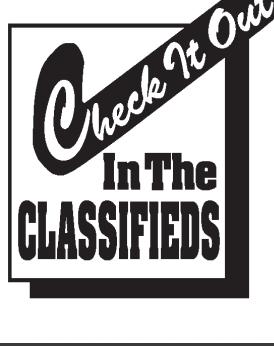
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Weirs Beach/Laconia: Two story, 2 BR, 3 BA condo located at Overlook at Winnipesaukee. Enjoy views over Paugus Bay from the pool and lake side deck areas. Association has a heated pool, lake side deck, tennis courts docks by seniority and some moorings are available! Home has ultimate privacy, southwest exposure and is just steps from the pool. **\$184,900 MLS# 4677528**



Gilford: Welcome to this year round, 2 BR, 1 BA lake side home set on Lake Winnipesaukee. This home has large windows taking full advantage of the views and beautiful sunset view. It has a permanent year round 30' dock, a sandy bottom shoreline, a 10x10 deck that hangs over the water, sandy beach, outside storage shed and located in a "no wake zone". **\$599,900 MLS# 4677075**



Laconia: 3-BR, 2-BA, home has upgraded appliances, all newer wood laminate flooring throughout updated bathroom sinks, countertops and plumbing. Master suite with a walk-in closet and full bathroom with shower and tub. New central air and fresh paint, an oversized 1-car garage, and lots of storage space. Newly upgraded deck and covered porch. **\$119,900 MLS# 4677403**

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Center Harbor: Junction Rtes. 25 & 25B • 253-9360

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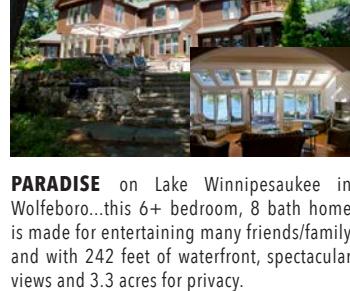
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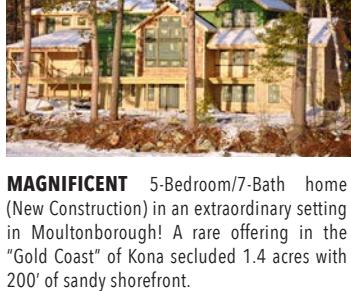
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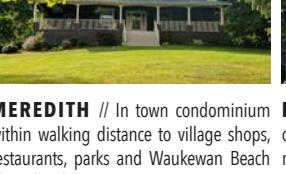
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HOLDENNESS // Enjoy the beauty of the Squam Lake area in this quiet, modern modular home, set back on a private, beautifully landscaped lot in the Squam Lake Condo Camp Resort community. **\$129,900 (4644174)**

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SAU #79 GILMANTON SCHOOL DISTRICT

GILMANTON SCHOOL

2018-2019 SCHOOL YEAR VACANCIES

Certified Grade 3 Teacher

Certified Grade 6 Teacher

Please send a letter of intent, resume, transcripts, certification and three letters of reference to:

Carol Locke, Principal
Gilmanton School
1386 NH Rte. 140
Gilmanton Iron Works, NH 03837

Deadline: March 9, 2018



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- RN M-S – 36 hours (night shift)
- RN M-S – 36 hours (day shift)
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GILMANTON SCHOOL

2018-2019 SCHOOL YEAR VACANCIES

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