

# Gilford Steamer

THURSDAY, APRIL 6, 2017

GILFORD, N.H. - FREE

## Snow can't keep Rotarians away from an 'Evening in Paradise'

BY ERIN PLUMMER

Eplummer@salmonpress.com

Several inches of snow fell over the area in the morning, yet a tropical paradise could be found in the evening at the Gilford Youth Center for the annual "Evening in Paradise."

The Gilford Rotary held its featured fundraiser Saturday night at the GYC. Attendees came out in their tropical shirts and beach hats for a night of summery foods, drinks, and music.

Contigiani's Catering Service provided food for the event. Later attendees danced to the music of The Island Castaways, A Jimmy Buffet tribute band. Guests could also bid in the silent auction.

"Evening in Paradise" started three years ago to raise money for the charities the Rotary supports.

"We wanted it to be something the community could take part in," said Gilford Rotary

president Russell Lunt.

Lunt said the Rotary once ran a Rib Fest, though it had to be cancelled a few years ago. "Evening in Paradise" has become the Rotary's featured event. Lunt said it has gone well, and has been an opportunity to gain sponsorships.

"It's April when you've got a foot of snow on the ground, what else do you want to be doing?" Lunt said.

The event took place several hours after a snowstorm pulled out of the area. Lunt said they knew they would hold the event no matter what the weather turned out to be.

"The weather really did clear out," Lunt said. "Because of the temperatures and the hard work of the public service people the roads are fantastic."

Lunt said most of the attendees were Rotarians and their friends as well as some mem-



ERIN PLUMMER

Dick and Ruth Stewart of Sandwich and Kathy and Andy Giovanni of Laconia get into the festivities of "Evening in Paradise."

bers of the public

Lunt said the event has grown every year. He said this event might get to the point where it will outgrow its venue, though they will always support the GYC.

A third of the proceeds from the event went back to the GYC.

"We'll continue to SEE PARADISE PAGE A14



ERIN PLUMMER

Allen Voivod of Gilford records at Cactus Jack's in Laconia during the celebration of the 1,000th episode of his podcast "Star Wars 7x7."

### Locally based "Star Wars" podcast celebrates 1,000th episode

BY ERIN PLUMMER

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For the past two and a half years, fans all over the world have been listening to the only daily podcast for all things "Star Wars," most of it recorded in a home office right here in Gilford.

"Star Wars 7x7" is a seven-minute podcast with episodes posting every day at sw7x7.com.

Each episode covers various topics in the Star Wars universe and franchise such as new and upcoming movies, TV shows, novels, fan events, and so much more.

The show is created by longtime Star Wars fan Allen Voivod of Gilford.

Voivod saw the first movie as a child, though he really became a fan

after seeing "Return of the Jedi." He collected every toy, and said his earliest memory is going to Toys 'R Us and "seeing the wall of action figures."

Voivod said he got the idea to do the podcast while playing a "Star Wars" podcast in the car while taking his children to school. He said it would be nice to SEE PODCAST PAGE A14

## Mr. GHS competition returns

BY ERIN PLUMMER

Eplummer@salmonpress.com

Contestants showcased their talents, interview skills, and legs for the Mr. GHS competition, all to benefit local veterans.

On Thursday night, 12 male students from all grades took the stage at the Gilford High School auditorium for the tough competition for the crown and the grand prize. Sam Sawyer, Michael Maltais, Damon Shute, Brendan Bergman, Sandor Gamache, Joe Sawyer, Seamus Therrien, Ethan Warren, Alden Blais, Joseph Bonnell, Ethan Carrier, and Logan Essaff all vied for the title.

Mr. GHS was organized by the Business Management Class as a fundraiser for the creation of flag boxes for residents of the NH Veteran's Home in Tilton.

Business Management teacher Steve O'Riordan has collaborated with the tech ed class to raise money for and produce flag boxes for the Veteran's Home to have available for residents' funerals.

O'Riordan told the audience the project started when his daughter Marty worked as a social worker at the Veteran's Home. He said he had a conversation with her where she mentioned that their source for the flag boxes had dried up. Because flag boxes are expensive, this created the possibility that some families would not be



ERIN PLUMMER

Seamus Therrien is crowned Mr. GHS.

able to afford a flag box in the event their loved one passed away.

O'Riordan and then-tech ed teacher Sean Walsh took on the effort. The materials for the boxes run around \$25 to \$30 and they needed to make around 60. O'Riordan agreed to see if he could get his business class to raise money for materials.

Each year the class sells brownie kits for Valentine's Day for \$10 apiece.

This year they brought back Mr. GHS as a fundraiser for the flag boxes.

Members of the business class took on the project in the categories of Financial Management, Marketing Development, and Production Crew.

"This has been so much fun, it's been a great project," O'Riordan said.

"I Do" Bridals and Formalwear of Alton and Men's Warehouse of Con-

cord offered tuxedos for each of the contestants to

SEE MR. GHS PAGE A14

## Maple syrup project makes for sweet learning experience at GES

BY ERIN PLUMMER

Eplummer@salmonpress.com

Fourth graders at Gilford Elementary School spent a few months learning about maple syrup production by making their own syrup from tapping trees to seeing how it is boiled to sampling some final results.

Since February, students have been tapping maple trees behind the playground and collecting sap to be made into maple syrup. In the process they have been learning about the various aspects of maple syrup production as well as different math, science, writing, and oth-



ERIN PLUMMER

Matt Herbert shows students and teachers parts of the maple syrup making project.

er skills connected.

GES principal Danielle Bolduc said the idea came about to tap the trees outside the school and she asked the fourth grade classes if they would be interested.

The students tapped seven different trees in February and have been collecting the sap.

"We really wanted to show them a New Hampshire tradition," Bolduc said. "The goal of this was show them

something they could do with their families."

Everyone involved in the project, including staff as well as students, learned a lot about sap and syrup production.

"I have not made ma- SEE MAPLE PAGE A14

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Ladies and gentlemen, boys and girls, step right up to the spectacle of the age. Only once every year is there a week as grandiose, as magnanimous, and as verbacious as National Library Week. OK, I've gone way over the top. Truthfully, National Library Week is a time to celebrate the importance of libraries in our communities and to discover services you haven't yet taken advantage of.

Maybe you use the library to find reading or viewing material for your downtime. Maybe you are looking for work and come to use the computers, Wi-Fi, or other digital services. Maybe you have a family and you look forward to the children's, teen's, and adult programming.

Whatever you use it for, it's there for you and the staff is ready to help.

This time around we have some special programming and even a bit of trivia. All week long you can have up to \$5 in fines waived (excludes other fees) just by mentioning that it's National Library Week at one of the desks. Test your knowledge by grabbing a trivia form at the library and turn it in by the end of the week to get a prize.

Each day has a peculiar theme: Minty Monday, Tasty Tuesday, Wordy Wednesday, Thankful Thursday, Funky Friday. Discover something different at the desk each time you come in. From Thursday to Saturday feast your senses on book themed floral arrangements throughout the library. Books in Bloom is an

annual tradition put on by the Opechee Garden Club, and their book/arrangement pairings are impressive.

You can learn to make your own mozzarella and ricotta cheese from home at the beginner cheese-making class on Thursday, April 13 from 5:30-6:30 p.m. You can learn the technique from a demo and sample some delicious homemade cheeses. Sign up is required with a \$5 cost for supplies.

The Children's Room will have a series of town vehicles visit each day from 10:30-11:30 a.m. Hear a story and check out the vehicles each morning. In order, there will be a fire truck, school bus, police car, front loader, and street sweeper. K-4th graders can sign up to make poetry collages from 3:30-4:30 p.m. on Friday, April 14 as part of National Poetry Month. Teens will have a Pizza and Tie Dye Party on Wednesday,

April 12 from 3-4 p.m. We'll make some pizza and then tie dye socks while the pizza cooks.

There is something for everyone at the Library, so let's all celebrate together.

### Classes & Special Events April 6 to April 12

**Thursday, April 6**  
Playgroup, 10:30-11:30 a.m.

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

Magic the Gathering Club, 2:30-3:30 p.m.

Conversational French, 3:30-4:30 p.m.

In the Evil Day, 6:30-7:30 p.m.

Richard Adams Carey will visit to present "In the Evil Day," a talk about the true crime murders by Carl Drega in Colebrook in 1997. New Hampshire history, town law, and gun violence are all at the heart of this tragedy. Sponsored by the New Hampshire Humanities

Council.

**Friday, April 7**  
Baby Storytime, 10:30 a.m.

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

Preschool Storytime, 10:45-11:15 a.m.

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

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

**Monday, April 10**  
Town Vehicles Storytime, 10:30-11:30 a.m.

Fire truck visit.

Mahjong, 12:30-3 p.m.

Little Builder's Club, 1:30-2:30 p.m.

Lego Club, 3:30-4:30 p.m.

**Tuesday, April 11**  
Fiber Friends, 10 a.m.-12:30 p.m.

Town Vehicles Storytime, 10:30-11:30 a.m.

School bus visit.

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

Makerspace: Clay, 3:15-4:30 p.m.

Join us to play with clay and learn some new

skills! All materials provided. Three week program for eight to 11 year olds, sign up required. Put on by the Gilford Public Library and Gilford Parks and Recreation and sponsored by the Friends of the Gilford Public Library.

Nightly Knitting, 6-8 p.m.

Gilford Clickers Photography Club, 6:30-7:30 p.m.

Classic Book Discussion, 6:30-7:30 p.m.

Come discuss Hemingway's classic, "Farewell to Arms." Led by Abi Maxwell

**Wednesday, April 12**  
Line Dancing, 9-10:30 a.m.

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

Town Vehicles Storytime, 10:30-11:30 a.m.

Police car visit.

Teen Pizza and Tie Die Party, 3-4 p.m.

Teens can come in for National Library Week to make pizza and tie-dye socks.

## Gilford Public Library Top Ten Requests

1. "The Black Book" by James Patterson
2. "Vicious Circle" by C. J. Box
3. "The Zookeeper's Wife" by Diance Ackerman
4. "If Not For You" by Debbie Macomber
5. "Night School" by Lee Child
6. "Small Great Things" by Jodi Picoult
7. "Hillbilly Elegy" by J. D. Vance
8. "Breathe, Mama, Breathe" by Shonda Moralis
9. "The Trespasser" by Tana French
10. "A Man Called Ove" by Fredrik Backman

## GILFORD POLICE LOG

The Gilford Police Department responded to 377 calls for service and made the following arrests from March 21 to April 2. Please note that the names of juveniles, and those of indi-

viduals taken into protective custody but not formally charged, have been withheld.

Jason N. Dunn, age 38, of Northfield was arrested on March 22 for Theft by Unauthorized Taking or Transfer (Larceny).

Nicholas Kierstead, age 24, of Manchester was arrested on March 22 for Obstructing a Report of a Crime or Injury, Criminal Threatening (Intimidation, etc.), False Imprisonment, and two counts of Simple Assault.

Randy Johnson, age 31, of Franklin was arrested on March 24 for Operating Without a Valid License.

John Benjamin Bixby, age 27, of Laconia

was arrested on March 25 for Driving After Revocation or Suspension, Disobeying an Officer, and Falsifying Physical Evidence.

Randy Jay Davignon, age 48, of Gilford was arrested on March 26 for Driving While Intoxicated and Speeding.

Scott D. Hodgman, age 28, of Belmont was arrested on March 27 for Driving While Intoxicated.

Brandon L. Alger, age 20, of Laconia was arrested on March 29 for Possession of Drugs in a Motor Vehicle and a separate count of Possession of Controlled/Narcotic Drugs.

Heather L. O'Rourke, age 25, of Gilford was arrested on March 30

for Driving After Revocation or Suspension, a Suspended Registration (Operating-Misd.), Negligent Driving/Misuse of Power, a False Inspection or Registration Sticker, and for driving an Unregistered Vehicle.

Stephen Cote, age 33, identified as a transient, was arrested on March 30 on two counts of Criminal Trespassing.

Matthew Charles Robie, age 31, of Hill was arrested on March 31 for Theft By Unauthorized Taking or Transfer (Larceny).

James J. Schwartzkopf, age 49, of Gilford was arrested on April 2 on two counts of Simple Assault.

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Health and Human Services  
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# Gilford Parks and Recreation news

BY HERB GREENE

Director  
Gilford Parks and Recreation

**Senior Moment-um Baseball Movie and Lunch Day - April 10**  
The Gilford Parks and

Recreation Department is sponsoring Senior Moment-um Program on Monday, April 10. We will meet in the Gilford Community Church's Fellowship Hall at

noon. We will be enjoying a ballgame lunch including hot dogs, soft pretzels, peanuts and Cracker Jack as we gear up for the baseball season with a viewing

of the movie, "Fever Pitch," starring Jimmy Fallon and Drew Barrymore. The movie is free of charge, but the cost for those interested in lunch is \$3 per person. Partic-

ipants must RSVP by Thursday, April 6.

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

limited availability and registrations will be accepted on a first come first served basis. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

## "Books in Bloom" event returns to Gilford Public Library

Opechee Garden Club proudly announces the second edition of the popular spring-time floral delight, the "Books In Bloom" Flower Show, at the Gilford Public Library, 31 Potter Hill Rd., in Gilford, on April 13 - 15. This event is Co-Chaired by Opechee Garden Club Members, Linda Belcher, and Linda Hudziec, and coincides



Dorothy Duffy's 2016 entry was inspired by the book title, "Cannery Row," written by John Steinbeck.

with the celebration of National Library Week, which runs from April 9 - 15, 2017, at the Gilford Library.

Any Opechee Garden Club member may participate by selecting a favorite, or memorable book, and then designing a floral arrangement based on the plot of the story, the title, an illustration, the characters, the book jacket, or the "feeling(s)" evoked in the reader. The floral designs, and the books that inspired them, will be on display throughout the library on Thursday, April 13, from 9 a.m. - 8 p.m.; on Friday, April 14, from 9 a.m. - 6 p.m.; and on Saturday, April 15, from 10 a.m. - 2 p.m.

This event is free and open to the public, and is a lovely, and fragrant, way to celebrate the arrival of spring.

### Bolduc Park Golf Programs

The Gilford Parks and Recreation Department is offering a variety of golf programs at Bolduc Park through the spring for children and adults. Youth and Adult Lessons are available at Bolduc Park in two, three-class sessions during the evenings this May and June. The session dates for youth lessons for ages 6 and up are; May 9, 16 & 23, and June 6, 13 & 20, 2017. The session dates for adults are; May 11, 18 & 25 and June 8, 15 & 22. Classes run from 5:30-7 p.m. each evening.

**Cost: Youth Lessons - \$50  
Adult Lessons - \$70**

All programs have

### Tickets Available for Red Sox Bus Trip on July 19

The Gilford Parks and Recreation Department will be sponsoring a bus trip to watch the Red Sox at Fenway Park this summer. The trip is scheduled for Wednesday, July 19 to see the Red Sox play the Toronto Blue Jays. Travel to and from the game will be provided aboard a Coach Company, Luxury Coach fully equipped with climate control, DVD Video System and Lavatory. This trip is limited to 53 participants, so register early!

Cost: \$75 per person or \$280 for a four-pack

For more information, please call the Gilford Parks and Recreation Department at 527-4722.

## Lenten 40 Days of Giving continues at First UMC

As part of their Lenten season, the First United Methodist Church of Gilford continues to collect for the Lenten 40 Days of Giving.

The church's entrance is filling up with hundreds of items for the poorer among us.

"So often, everyone thinks of lent as a time to give up something," explains Lay Leader Kathy Smith. "The missions committee would like to change that and make it a time to give. Even if you have missed the start of this charitable 40 Days of Giving, it is never too late to begin."

Items being collected include the following:

**Non-perishable Food items:** Canned Meat, vegetables, soups, and fruit, macaroni & cheese or rice, baked beans, spaghetti sauce, boxed hot and cold cereals, hot choco-



As part of their Lenten season, the First United Methodist Church of Gilford continues to collect for the Lenten 40 Days of Giving.

late mix, juice, peanut butter, pasta, tea, coffee, canned milk, etc. Please, no glass jars of any kind.

**Personal Care items:** Shampoo, bath soap, disposable razors, shaving cream, deodorant, Toilet Paper, etc.

**Baby Care Items:** diapers in all sizes, baby shampoo, formula, baby face cloths, baby wipes etc.

The collected items will be sent to local food pantries, Belknap House, and New Begin-

nings and other charitable organizations. Anyone wishing to donate in this way is welcome to bring in your items each Sunday of Lent. If you can't get here on Sunday you can drop them off during the week from 8:30 a.m. until noon. The church is located at 18 Wesley Way (off Route 11A, near the 3/11 bypass), Gilford. If you have any questions, please call the church office at 524-3289.

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### How Can the Sandwich Generation Relieve Financial Stress?

Don't worry too much if you haven't heard, but April is National Stress Awareness Month. Of course, stress can present emotional and physical challenges to all of us, but if you belong to the "sandwich generation" - that is, you may be caring for aging parents while still supporting your own children - you may be facing some financial stress as well. What can you do to relieve it?

For one thing, be aware that you're certainly not alone. About one in seven middle-aged adults is providing financial support to both an aging parent and a child, according to the Pew Research Center.

Still, knowing that you have plenty of company won't provide you with solutions for your own situation. So consider the following:

- **Suggest "downsizing."** Are your parents still paying a costly mortgage on a house that's now too big for them? You might want to encourage them to think about downsizing. They may be emotionally attached to their home, but they might benefit substantially if they moved someplace that's less expensive.
- **Talk to parents about their income sources.** Are your parents maximizing their

Social Security payments? Are they following a sensible withdrawal strategy for their IRA, 401(k) or other retirement accounts? You may want to recommend that they work with a qualified financial professional.

- **Discuss all legal arrangements.** Be aware of your parents' estate plans and the status of important legal documents - will, living trust, power of attorney, health care directive, and so on. When the time arises for any of these arrangements to take effect, you don't want to face any unpleasant - and possibly costly - surprises.
- **Find out about health care.** Try to learn about your parents' health insurance coverage. And have they done anything to protect themselves from the potentially catastrophic costs of long-term care, such as an extended nursing home stay? You may not be able to do a great deal for them in these areas, but at the least, you may be able to get them to take some positive action on their own behalf.
- **Don't ignore your own retirement savings.** Even if you can afford to provide some financial support to your parents,

don't shortchange yourself when it comes to your own retirement savings. You don't get a "do-over" when it comes to putting away money for retirement, so contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan.

- **Prioritize your investment choices.** If you would like to help your children go to college, you might want to consider a college savings vehicle. Still, you may need to prioritize your investments. After all, your children will likely have a variety of options - such as loans and scholarships - to help them pay for school, and they may also be able to reduce costs substantially by going to a community college their first two years. But you are basically "up against the clock" when it comes to saving for retirement, so you'll want to take that into account when allocating your investment dollars.

Belonging to the sandwich generation can certainly produce feelings of anxiety. But by following the above suggestions, you may be able to reduce some of this stress. And by doing so, you can help your parents, your children - and yourself.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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## Pet of the Week: Frosty



It isn't often that we actually know when a creature was born, but in the case of Frosty, we absolutely do. One of seven kittens born at the shelter to a little stray cat scooped off the streets back in March of 2014. That winter was particularly brutal!

She flourished in foster care and was quickly adopted as a naughty rambunctious kitten.

She was returned in September 2016 now a rather portly, but stately adult in her prime.

Frosty is outgoing and very interested in what humans are doing. Opinionated, requiring many toys to keep her occupied, this gorgeous white and grey cat is unconcerned with the comings and go-

ings at NH Humane Society. Promoted to Project Manager for our Catio installation, she has been regularly observed overseeing our builder, as walls, windows and doors were installed. Power equipment, sawing, and stonemasons wearing large boots worried her not one bit.

To help her slim down, she has a special area in the shelter dedicated just to her. A cat that craves companionship and the best seat in the house, that's Frosty! Pop in and visit with her, we are quite sure her beauty and sparkling personality will surely win you over.

Check [www.nhhumane.org](http://www.nhhumane.org) for more details.

## NORTH COUNTRY NOTEBOOK

# Water is slowly losing its grip, but just doesn't want to let go



By JOHN HARRIGAN  
COLUMNIST

Water has a long journey to make when it falls on my hill as either rain or snow. In the warm months, when the ground is often saturated and there is no more room, it seems as though every new drop can't wait to begin the journey to Long Island Sound, 400 miles or so by main river stem but much longer than that, upwards of 500 miles (but who knows, really?) when taking in widely diverging and meandering tributaries.

Winter's water seems reluctant to leave when the first little signs of snowmelt appear in early spring. There is a magnetic quality to water anyway, each little drop somehow attracted to another, the sort of bonding that can make



JOHN HARRIGAN

The frozen drops of rain locked in the porch roof's mini-glacier make a stubborn downward turn to the rear, resisting their trip to the sea.

a mini-glacier on a roof hang on like an upside down nutcrack.

Metal roofs are nice because the snow eventually just slides off, but flatter roofs sometimes accumulate mini-snowfields that await warmer days for a little subsurface lubrication, like glaciers. For days now I've been watching one of these snowfields that has begun its creep down the front porch roof, each afternoon's sunlight urging it southward toward the sea, its bond-

ing holing it together.

So there it clings, creeping and sliding down a bit every afternoon and then freezing again only to repeat the move the next day, gravity tugging away and the sun adding its muscle to the job, but winter's water holding on, the struggle between gravity and tenacity evinced by the growing curl over and under the eave.

Eventually it will crash down, my only concern then being that the dog isn't some-

how, just then, exactly right there, at that particular moment in time, as dogs so often seem to be.

The snow is then back on the ground, becoming water again as it finds a way to join one of the Connecticut River's tens of thousands of tiny, almost miniscule tributaries. Several of those tiny tentacles are at work in the back barnyard and the swamp beyond, doing their little part to contribute to the riv-

SEE **NOTEBOOK** PAGE A15

## Gilford Steamer

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## FROM OUR READERS

### Thank you for supporting your local schools

To the Editor:

Dear Gilford voters,  
As the chair of the Gilford School Board, thank you to all of the voters who came out to support our schools on March 14. Your support for the school budget, the teachers' contract, and the warrant articles to establish capital improvement accounts is important in our community's effort to provide a quality education for our students. Maintaining

the process of constructing the default budget is important in ensuring that checks and balances are built into the system. The Gilford School Board is committed to continue its work to provide quality schools for Gilford and Gilmanton students.

Sincerely,

Karen Thurston  
Gilford School Board Chair

### Time to move forward together

To the Editor:

As a community of Belknap County residents and taxpayers, the time has arrived, like spring, to begin the process of moving forward together with the conclusion of the Belknap County budget deliberations. The March 31 statutory deadline has come and gone. The sun continues to rise in the east and set in the west. Our beautiful sky has not fallen, and soon the spring buds on trees and other wonders of nature will shower us all with beauty. Democracy has clearly spoken.

As observers from a distance, the difference of opinions expressed between our fine State Representatives and the three Commissioners has reached a conclusion. From our understanding on media reporting, the spending for the 2017 approved delegation budget will be approximately \$ 1.4 million dollars higher than what was necessary and spent last year.

The three Commissioners have been given additional flexibility to be responsible stewards by increased management authority to transfer funds within cost centers. In addition, the three Commis-

sioners continue to enjoy the added opportunity to petition the County Executive Committee for additional budget transfers for special cases. Seems like a win-win for all.

On the other hand, we are very saddened when we hear the following: "What we have here is a mess on our hands," said Commissioner Hunter Taylor.

In addition, we hear, "This is a reckless budget," said Commissioner Glen Waring. "We'll reach judgment day. One day that month of December, we'll be in a crisis," says Commission Chair Devoy.

How sad to have such a pessimistic and critical view going forward.

You have been elected to show leadership. Please take a deep breath and begin that process! For the Chairman to suggest that we may go ahead and do what we will do and cause a crisis in December is simply childish. As optimistic people, we do believe, you three commissioners can manage the budget going forward successfully. Further, we would hope, you will begin listening to the taxpayer, and start the long over due process of cooperating with the county delegation.

Recently, we can across an interesting publication written by Mr. Michael Knowles, who holds a B.A. degree from Yale University. This publication is advertised as a comprehensive guide entitled "Reasons To Vote For Democrats." Commissioners please considering reading this novel to see how it mirrors your present leadership styles.

Finally, thank you, to all the fine State Representatives who have donated many hours of time to do what is right for the Belknap County as a whole. Ladies and gentlemen hats off to you.

God bless you all for your generous efforts!

Brian Gallagher  
Sanbornton  
George Hurt  
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# Strategies for living

BY LARRY SCOTT

No matter who you are, no matter what you believe, no matter what you have or haven't done, this I believe to be true: God wants you to be the very best that you can be!

Each of us is who we are as determined by a wide array of factors. Our age, our gender, our intellect, our personality, our up-bringing, our mistakes and our accomplishments ... all have contributed to who and what we are. We may have made mistakes we regret but whatever the case, and within the context of our personality and disposition, God wants you and me to be the very best that we can be.

Now I will grant that many are not certain there even is a God ... or that He is properly depicted in the Bible ... but even in light of their non-belief, the Bible portrays a God so loving, so interested in our well-being, a God who is "with us" even though we may have little interest to be "with Him," that He is committed to help us be the very best we can be.

The Apostle Paul once

wrote, "God demonstrated His own love for us in this: while we were still sinners, Christ died for us." With no strings attached, without any assurance that you and I would even care, God gave His very best that you and I might become our very best.

It is here that we begin to understand some of the limitations God puts on our freedom. God wants only what is best for us and knows, because this is the way He made us, that we are quite capable of pushing our freedom to extremes. He made us with a powerful drive to survive, otherwise life's pressures would have driven many of us to suicide ... He made us with a profound dissatisfaction with the status quo, otherwise we would never fight toward a better tomorrow for our children ... He made us with a drive to procreate, otherwise the human family would soon vanish from the earth ... and we could go on. All of these character traits are admirable and, indeed, necessary to our survival. God's limitations, you see, are not because he has no sensi-

tivity to our drives and desires; His limitations are because He doesn't want us to self-destruct!

Rick Warren, writing in "The Purpose Driven Life" (page 25) says, "There is a God who made us for a reason,

and your life has profound meaning! We discover that meaning and purpose only when we make God the reference point in our lives."

Now we can see the profound reason God invites us, through Jesus

Christ, into a personal relationship with Himself. The more complete our union with Him the more successful we will be in becoming the best that we can be. Life's very best, in short, begins right here.

But how to discover and know this God, well now, that is the question isn't it? We will explore this concept together in the weeks to come.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

## MARK ON THE MARKETS

### Have enough?



BY MARK PATTERSON

Almost 100 percent of new clients that walk into my office to discuss their retirement plan have two beliefs that are consistent. First they believe that they do not have enough money to retire and second is that they believe the amount of money that would allow for a comfortable retirement is predetermined by the "experts" on the

radio, TV or magazines, and that number is more than have accumulated. Another common perception is that the tax rate will be lower once the client reaches retirement age. This may be true or it may not be true. There is no way to know tax policy and rates in the future.

Some clients want to work well beyond traditional retirement years however some clients want to retire early by today's standards.

Instead of focusing on total assets needed to retire let's back in to what income you will need to sustain the lifestyle that you want. We must also account for the fact that the money that you are saving for retirement now will not be included in your retirement budget. The key is to convert your retirement assets into income producing vehicles that are sustainable, steady but have the potential to grow.

It sounds like a tall order and it is. This plan depends on the amount

of income that we have to derive from the client's assets. We must also look at Social Security benefits that typically play a big part in the client's retirement income. Congress has done away with some previous filing strategies but it still makes sense to look at varying scenarios regarding when you the client starts receiving benefits.

The content of many 401(k), 403B, IRA or really any other qualified plans typically consist of mutual funds that have been used for accumulation of assets. These funds, in my opinion are not efficient means of deriving income once retired.

A common yet dated strategy has been to take 4 percent of your assets for income. Many years ago when you could get a CD with a 5 percent return, that might have been viable. In today's world, CD rates are substantially lower, so to get your 4 percent, you must place your assets at market or credit risk.

There are ways to mitigate these risks using investment-grade quality corporate bonds and possibly an "A" rated fixed indexed annuity with good income riders to provide a sustainable, steady income. Once you have met your income goals, we are able to invest the rest of the assets for growth. Because we have the income portion set, we are not overly concerned with market or sequence of returns risk that would put your income in danger.

It can be very beneficial to plan sooner than later. The first step in this process is to figure out a realistic budget and income needs come retirement. A good financial planner that has expertise in planning for retirement income and asset management is a great place to start.

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

### Big screen treatment of "Our Town" is this weekend's After Dark feature on LRPA

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (April 7 & 8) for our "LRPA After Dark" presentation of 1940's film adaptation of Thornton Wilder's beloved play "Our Town," starring William Holden, Martha Scott and Frank Craven.

Set in the fictional town of Grover's Corners, New Hampshire, "Our Town" uses a narrator (Mr. Morgan, played by Frank Craven) to introduce us to the people living in this small New England town. Life has not changed much here throughout the years: people are born and grow up, fall in love, marry, raise families and die. In that way, Grover's Corners is like any other place in the world. We meet Dr. and Mrs. Gibbs (Thomas Mitchell and Fay Bainter), who live next door to their friends Mr. and Mrs. Webb (Guy Kibbee and Beulah Bondi). Their oldest children, George Gibbs (Holden) and Emily Webb (Scott), fall in love and marry. Through the magic of the narrator, the viewer is able to examine the characters' most intimate thoughts, fears, hopes and regrets. Will George and Emily live happily ever after?

Thornton Wilder was awarded the 1938 Pulitzer Prize in Drama for "Our Town," and often called it the favorite of his works. The play debuted to rave reviews on Broadway that same year, featuring both Craven and Scott debuting the very roles that they would play in this film two years later. Both critics and moviegoers had much praise for the movie "Our Town," which went on to receive six Academy Award

nominations: Best Picture, Best Actress (Scott). Best B&W Art Direction, Best Original Score (written by Aaron Copeland) and Best Sound Recording. Bosley Crowther of the New York Times lavished the film with praise -- something he rarely did -- stating "We hesitate to employ superlatives, but of 'Our Town' the least we can say is that it captures on film the simple beauties and truths of humble folks as very few pictures ever do: it is rich and ennobling in its plain philosophy -- and it gives one a passionate desire to enjoy the fullness of life even in these good old days of today." What else do you need to know? Grab your popcorn and meet us after dark for this simple, dramatic and stunning film adaptation of this most beautiful and tender story.

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

**About Lakes Region Public Access Television (LRPA)**  
Lakes Region Public Access Television

(LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 12,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood, and around the world via LiveStream at www.lrpa.org. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that:

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

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## John Wayne Edson, 51

LACONIA — John Wayne Edson, 51, of 145 Rollercoaster Rd., passed away unexpectedly on Wednesday, March 29, 2017.

He was born on March 6, 1966 in New York, the son of Walter A., Sr. and Shirley (Watterson) Edson. John worked as a Foundry Manager for Hebert's Foundry in Laconia and also for New Hampshire Ball Bearing. He enjoyed tattooing, riding his motorcycle, hunting and especially spending time with his family and friends.

In addition to his mother, he is survived by his wife, Laurie (Grasso) Edson of Laconia; one son, Bradley Edson Palmer; one daughter, Abigail Edson; two step-daughters, Molly Dunleavy and Nakia



Chambers; one grandchild, Lily-Ann Laplant; three brothers (Douglas Edson, Walter A. Edson, Jr. and Richard Edson); five nieces and two nephews.

In addition to his father, he was predeceased by a nephew, Aaron Downing.

Calling hours were held from 4 to 7 p.m. on Monday, April 3, 2017 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleas-

ant St., Laconia, using the Carriage House entrance.

A memorial service immediately followed the calling hours at 7 p.m., also at the funeral home.

Burial will be private. For those who wish, memorial contributions may be made to the Jenni Ann Harmon Memorial Fund, c/o Lakes Region Scholarship Foundation, PO Box 7312, Gilford, NH 03247-7312.

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.wilkinson-beane.com](http://www.wilkinson-beane.com).

## Adrienne N. McCrea, 78



LACONIA — Adrienne N. McCrea, 78, of 39 Bowman St., passed away on Monday, March 27, 2017 at Huggins Hospital, Wolfeboro.

Adrienne was born in Franklin, on July 9, 1938, the daughter of Raymond and Delia (Champagne) Legare. She was raised in Franklin and graduated from Franklin High School.

Adrienne had been a resident of Laconia since 1956, she was employed for a number of years at the South End Market, and worked for many years for the Lunch Program at the Laconia Middle School. She was a volunteer for many years for Laconia Little League, Adrienne was very active at St. Joseph Church. She enjoyed Bingo, bowling, going to the ocean, watching her family members play sports, and traveling with her late husband, "Larry."

Adrienne is survived by four sons (Gary W. McCrea and his wife, Laura, of Laconia, Shawn P. McCrea of Dover, Kevin

the Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, using the Whipple Ave. entrance.

A Mass of Christian Burial was held on Friday, March 31, 2017 at 11 a.m. at St. Andre Bessette Parish-St. Joseph Church, 30 Church St., Laconia.

Burial will held later this Spring in St. Lambert Cemetery, Laconia.

The McCrea Family would like to thank the Huggins Hospital and staff for the great care that Adrienne received.

For those who wish, the family suggests that memorial donations may be made to the Holy Trinity School, 50 Church St., Laconia, NH 03246.

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](http://www.wilkinsonbeane.com).

## Get outdoors with Prescott Farm this spring!

LACONIA — Spring is here and Prescott Farm has lots to offer those looking to get outdoors and enjoy the natural beauty around us!

Unplug, relax, and connect with nature!

Prescott Farm is designated as an official NH Wildlife Viewing area with 160 acres of conservation lands open to the public year-round. Visitors can play in our Natural Playscape, learn about native plant and wildlife species, and explore at their own pace in our heritage gardens and along more than three miles of woodland, pond and field trails with views of Lake Winnepesaukee and the Belknap Mountains.

Our Education Center has binoculars and some great "Explorer" Backpacks that can be borrowed and taken out on the property. The three we have currently have to use are for Farm & Garden, Pond and Birds & Animals exploration. Each bag includes games, guides and other materials that go along with that particular themed pack. These are great for families with little ones that want to come to the Farm and make

a day of it. We also encourage those visiting to pack a lunch, as we have many beautiful spots along the property with views of the Belknap Mountains and Lake Winnepesaukee to enjoy a nice meal with family and friends.

Escape outside with a naturalist-led program at Prescott Farm today!

Prescott Farm is committed to creating opportunities to connect with the natural world. "Every month Prescott Farm offers programs that encourage people of all ages to get outdoors and connect with nature", stated Kimberly Drouin, Marketing Director at Prescott Farm. Here are just a few of our upcoming naturalist-led programs you can look forward to at Prescott Farm:

We Can Do It: Starting Seeds (April 8) – these programs are designed specifically for kids ages 7+ and a parent or grandparent to participate in together  
Barn Preservation Workshop Series 1 of 3: Assessing Old Barns: Setting a Game Plan for Repairs (April 15) – in partnership with New

Hampshire Preservation Alliance

Wild Foods of Spring (April 22) – for Adults and older children

The Magnificent Big Trees of Prescott Farm (April 22) – for Adults and older children

WildQuest Spring Camp (April 24-28) – for children ages 6-12

WildQuest Summer Camp (June 26 – Aug. 25) – for children 4-15  
\*Early Bird rates end April 30.\*

Polliwog Pre-K Programs (Wednesdays, May 3-June 7) – for children ages 3-5

Herbal Pathfinder Series: 6 classes/once a month (Saturdays, May 13-Oct. 7) – for Adults and older children

Prescott Farm is a nonprofit organization dedicated to environmental education and preservation. We provide year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world.

Give yourself the opportunity to be part of nature and all it has to offer by visiting our property or participating in one of our upcoming programs! For more information please visit our website at [www.prescottfarm.org](http://www.prescottfarm.org). Pre-registration is available for all our programs and can be made online via our website or by calling us at 366-5695. Also, you can find us on Facebook.

## Wags, Whiskers & Wine benefit for the NH Humane Society

LACONIA — Join the New Hampshire Humane Society on Saturday, April 15 from 5-8 p.m. on the shores of Lake Winnepesaukee at the Margate Resort for Wags, Whiskers & Wine – a new food and beverage sampling event featuring some of our favorite local restaurants, wineries, breweries and distillers. Attendees will also enjoy the stylings of the Tom Robinson Trio, and a chance to bid at our bountiful silent auction, including: a trip for two to New York City to catch the debut of a new rock musical; tickets to Four Voices at Meadowbrook on June 16, with VIP parking; a beautiful Denny Wong dolphin pendant donated by Sawyer's Jewelry, and; a selection of NH adventures and getaways, and once-in-a-lifetime experiences. Or get a ticket for the Wall of Wine Raffle - \$20 for a chance to win 75 bottles of assorted wines, and a unique hand-crafted wine rack (you need not be present to win the raffle).

Tickets are \$50 per person, which includes

all of the food and beverage sampling, and an event tasting glass, available online at [www.nhhumane.org](http://www.nhhumane.org). You must be over 21 to sample the alcohol or to win the wine raffle.

One hundred percent of proceeds will benefit the New Hampshire Humane Society. Sponsors of the event include Eastern Propane, Melcher & Prescott, WLNH, WEMJ and 93.3 The Wolf. Local restaurants and vendors generously donating to the event include: Patrick's Pub & Eatery; Magic Foods Catering; the Broken Spoke Saloon; Looney Bin Bar & Grille; Faro Italian Grille; Annie's Café & Catering; Tavern 27, and; the Culinary Program at Huot Technical and Career Center; Hermit Woods Winery; Tamworth Distilling; Black Cove Beverages; 603 Brewery; Coffin Cellars; Amoskeag Beverages; Big Water Brewery, and; New Hampshire Distributors.

Tickets are limited, so get yours today at [www.nhhumane.org](http://www.nhhumane.org) – you can also buy your Wall of

Wine raffle tickets online, or purchase them in person at the NH Humane Society shelter on Meredith Center Road, Laconia; the Margate Resort, or; Hart's Turkey Farm Restaurant.

The New Hampshire Humane Society serves 17 communities in the Lakes Region, providing essential services to animals and pet owners alike. NHHS is dedicated to finding responsible and caring forever homes and providing shelter for lost, abandoned and unwanted animals – 1,023 in 2016 alone! The New Hampshire Humane Society advocates for animals and speak for those who cannot speak for themselves, as well as implementing educational programs and services to promote responsible pet ownership and the human-animal bond. And finally, the shelter and its tireless staff and cadre of dedicated volunteers work to prevent cruelty to animals.

Please join us on April 15 for Wags, Whiskers & Wine to help us sustain our mission.

## Belknap House benefit dinner at Fratello's a success

LACONIA — Belknap House, the seasonal homeless shelter for families in Belknap County, participated in Fratello's "50/50 Dinner" program

this month. Supporters who dined, had 50 percent of their meal generously donated to Belknap House.

Fratello's not only hosted one such benefit dinner for Belknap House on Feb. 12, but General Manager Brett Marquis graciously extended the fundraiser to include the following Sunday, Feb. 19, due to the heavy snow storm that prevented some supporters from participating on the first night.

The 50/50 Dinner was one of the most successful "Dining for Dollars" events that Belknap House has organized, raising a grand total of \$1,146.67 over the course of the two evenings. Belknap House wishes to sincerely thank all our supporters who participated in this event and came out (many in the snow) to support Belknap House.

A huge thank you also to Fratello's Italian SEE BELKNAP PAGE A15



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Please contact Executive Editor  
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# Gilford High School honor roll

Gilford High School has released its honor roll for the second trimester of the 2016-2017 academic year.

**Grade 9**  
High Honors: Cody Boucher, Alysha Burton, Myranda Byars, Jaiden Carter, Jillian

Cookinham, Jenna DeLuca, Samuel Drew, Natalie Fraser, Katiana Gamache, Benjamin Gardiner, Laurel Ging-

rich, Gwendalynn Knipping, Ramsey Landry, Sophie Leggett, Sydney Lehr, Kyla Mercier, Kolbi Plante, Rachael Shute, Maxwell Stephan, Connor Sullivan, Ian Taylor, Elena Uicker, Joseph Voivod, Abigail Warren, Jeremy Wilson, Colton Workman, and Molly Wrobel.

Honors: Taylor Anderson, Joseph Blake, Katrina Boucher, Adin Cisneros, Madison Eastman, Naomi Eldridge, Brianna Fraser, Samantha Holland, Taylor Hurst, Lucy Jude, Neal Miller, Hailey Minkle, Jillian Palisi, Hailey Peake, Taeylor Plante, Charles Purcell, Madison Rector, Chloe Schwartz, Joshua Testa, and Jaylin Tully.

Honors: Brooke Beaudet, Kaitlyn Callahan, Brayden Casella, Owen Day, Camryn Drew, Daniel Ellis, Sandor Gamache, Ian Gardner, Tyler Hanf, Mikayla Homkowicz, Mitchell Juneau, Jake King, Jacob Malburne, Callie McGreevy, Olivia Morea, Allyson Paige, Dagan Poulin, Joseph Sawyer, Olivia Trndade, and Ethan Warren.

## LRCC celebrating Golden Anniversary

LACONIA — From May 2017 to May 2018, Lakes Region Community College will be celebrating the past, present and future of the College in honor of our 50th Anniversary. We invite the community to join us for a variety of special events which will be scheduled during the year to commemorate and celebrate this milestone in our history.

LRCC began as New Hampshire Vocational Technical College – Laconia with one building in 1967. Today our name has changed and our campus has expanded to include five buildings—the Turner building, the Health and Science building, the Center for Arts and Technology, the Automotive Technology building, and the

new Apple Ridge Student Apartments. The change from vocational technical college to community college reflects an expansion of our mission and our academic offerings. Today, LRCC celebrates its technical history with such programs, Automotive Technology and Advanced Manufacturing and concurrently offers affordable pathways for students interested in completing the first two years of a four-year degree.

Although Lakes Region Community College has grown beyond the image of “the Tech” or “the College on the Hill,” we are proud of, and honor, that rich history. We invite everyone who has been part of LRCC’s first 50 years, as well as those who will become our fu-

ture alumni and friends to help us celebrate. We call on all alumni, family and friends to visit our webpage [www.lrcc.edu/celebrate50](http://www.lrcc.edu/celebrate50) to provide or update your contact information and to share your memories and photos of LRCC. We will use your contact information to keep you informed about our upcoming calendar of events. Please visit the webpage often, follow us on Facebook and Instagram (@LakesRegionCC) to learn how you can get involved, to stay up to date and to provide your input on LRCC’s 50th Anniversary!

For more information contact the College at 524-3207 or [lrccinfo@ccsnh.edu](mailto:lrccinfo@ccsnh.edu).

**About LRCC**  
Lakes Region Com-

munity College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves over 1,200 students annually. LRCC offers 28 associate degree programs including Nursing, Fire Technology, Business, Media Arts, Culinary Arts, Automotive, and Marine Technology, as well as over 38 short-term certificate programs. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. LRCC is one of the seven member colleges of the Community College System of New Hampshire.

## Gilford Middle School honor roll

Gilford Middle School has released its honor roll for the second marking term of the 2016-2017 academic year.

### Grade 5

High Academic Honors: Elizabeth Albert, Jack Farah, Ryan Guyer, Andrew McDonough.

Academic Honors: Sidney Bartlett, Noah Bolduc, Aiden Bondaz, Evan Carey, Caroline Colby, Madeline D’Agata, Samantha Dahl, Siena Diaz, Carter Forest, Caleb Giovanditto, Kimberly Griffin, Michael Guerin, Caroline Guest, Madelyn Guest, Avery Hennig, Lela Hodgkins, Hayley Jeffreys, Hauker Karlsson, Tanner Keenan, Abigail Kenyon, Scott Kulcsar, Eva Lacey, Charlotte Lehr, Rosabel

la Lesniak, Allison Marshall, Emma McBride, Ellie Nicolas, Riley Powers, Isaiah Reese, Rylee Rizzitano, Abigail Seal, Lydia Stefan, Rylee Stefan, Benjamin Suranyi, Ryan Turmel, Addy Wernig.

### Grade 6

High Academic Honors: Samuel Cheek, Murphy Harris, Sydney Irons, Allison Kenyon, Michael Kitto, Tyler Lafond, Samuel Leggett, Camryn Marshall, Madison Nash, Lauryn Nash-Boucher, Savannah Neuman, Jesse Powers, Ethan Roys, Ashley Sanderson, Lexi Shute, Avery Totten, Taryn Wernig.

Academic Honors: John Blandford, Jordyn Byars, Tyler Davignon, Carson DeHart, Dane DeHart, Taylor Dillon, Alli-

son Ellis, Alexandra Fay, Vanessa Flanders, Kayla Gallagher, Lauren Gallant, Patrick Gandini, Logan Grant, Owen Guerin, Stratford Kenny, Landon Lewis, Michelangelo Mitchell, Jaden Morin, Hennessy Mosher-Goodwin, Brenna O’Connor, Alysén Pichette, Tyler Rizzitano, Grady Shoemaker, Lily Tierno, Maria Uicker, Emily Watson.

### Grade 7

High Academic Honors: Kaleena Dyer, Matthew Farah, Vanessa Genakos, Nicole Green, Avery Marshall, Harper Meehan, Harry Meehan, Mackenzie Roys, Madilyn Spaulding, Mitchell Townsend.

Academic Honors: Anthony Aguiar, Nicole Bahder, Eva Bondaz, Shealagh Brown, Jack Cennamo, Anna Cook, Caitlyn Costa, Alyssa Craigie, Emily Crowell, Joshua Dery, Kelin Jeffreys, Nicholas Kaminski, Ashley Kulcsar, Seanna Langley, Zoe Lehneman, Sophia Lehr, Alexa Leonard, Riley Marsh, Aidan McBey, Riley McDonough, Bradley McIntire, Benjamin Mothersbaugh, Shannon

O’Riordan, Alainnah Penney, Valeria Ramos, Lauren Sikoski, Zoltan Stefan, Catherine Stow, Mason Testa.

### Grade 8

High Academic Honors: Gerron Belanger, Andrew Flanders, Kendall Jones, Kayla Loureiro, Madyson McDonald, Sofia Sawyer.

Academic Honors: Angela Bonnell, Kyle Brent, Darren Brown, Tyler Browne, Lily Burleigh, Jason Callahan, Allison Carr, Alexander Cheek, Jack Christensen, Peter Christensen, Kayla Cisneros, Alexa Dahl, Bridgette Dahl, Kimberly Daigneault, Taryn Fountain, Madelyn Gallant, Chandler Green, Kaitlyn Griffin, Ella Harris, Jacquelyn Jaran, Mae Kenney, Harrison Laflamme, Noah Marshall, Leah McClinton, Brayden McDonald, Corey McDowell, Katalyna Mitchell, Jacqueline Nash, Curtis Nelson, Kaelan O’Connor, Alaina Osburn, Kathryn Osburn, Nathaniel Peterson, Jenna Pichette, Kamryn Price, Lindsey Sanderson, Hilda Servin, Bethany Tanner, Keniah Valentine, Jordan Witham, Kaley Zingg.

### Grade 10

High Honors: Nicole Berube, Alexis Boisvert, Kendall Boisvert, Brandon Cole, Rhiannon Day, Camryn Dembiec, Michael Eisenmann, Abigail Fillion, Troy Gallagher, Claire Gardner, Mariah Gardner, Ashley Loureiro, Gregory Mardore, Michael Maltais, Matthew McDonough, Margaret McNeil, Erika Mosher, Laurel Normandin, Olivia Salesky, Miaya Shurbert, Joshua Valentine, Emily Waite, and Hannah Waite.

Honors: Alexander Cameron, Josey Curley, Jarrod Dyer, Alexander Goodine, Rachel Langlitz, Joseph Laurendeau, Steven MacDonald, Lillyan Mastine-Ingmire, Samuel Mercer, Corey Weston, and Cecilia Zarella.

### Grade 11

High Honors: Brendan Bergman, Taryn Breton, Julianna Coulstring, Julia Davis, Lauren Dean, Shaun Edson, Riley Glover, Luke Harding, Olivia Harris, David Hart, Samantha Knowles, Jillian Lachapelle, Connor Leggett, Jonathan Nelson, Micaela Niskala, Gabrielle Podmore, Elizabeth Relf, Madison Relf, Christian Remick, Aria Stephan, Kelli Vieten, Christopher Weimann, Christian Workman, Sophia Wrobel, and Michele Young.

Honors: Benjamin Altmire, William Baldwin, Louis Bernard, Alden Blais, Paxton Boisvert, Joseph Bonnell, Jack Henry Bosies, Maccoby Bourgeois, Victoria Brasil, Mark Casella, Bryan Childers, Shannon Clifford, Jacob Colby, Seamus Connelly, Jacob Davis, Dawson Ellis, Logan Essaff, Cameron Fraser, Braedan French, Daniel Getchell-Lacey, Madelyn Griffeth, Michael Hart, Emily Hayden, Reese Henderson, Sydney Holland, Jae Horvath, Ryan Hutchins, Nicholas Imhoof, Mayghan Kordas, Jackson Laflamme, Mason McGonagle, Cassidy Morris, Andrew Nelson, Abigail Nielsen, Stevie Orton, Alliyah Oswald, Marlon Pacheco, Connor Perkins, Kaylee Robbs, Laura Scribner, Tyler Thibodeau, Tristan Veroff, and Rachel Williams.

## FHL awards \$5,000 in college scholarships to local students

REGION — On Saturday, March 18, The Faith Hope and Love Foundation awarded three college scholarships to local high school seniors looking to attend college. Korry Blake, Cassandra Weston and Kellie Lowes received scholarships to be utilized to further their education as they pursue college degrees. These three high school seniors were selected from more than a hundred applications to The Faith Hope and Love Foundation for their annual scholarship.

were selected based on many factors including their academic achievements, financial need and community service,” stated FHL President, Lara Gruner. Gruner also stated that, “All three of our recipients show promise in pursuing degrees while continuing to contribute to their communities with faith, hope and love.”

The three applicants were honored at FHL’s 11th Annual Benefit Dinner, highlighting their accomplishments as outstanding

“These students

SEE **SCHOLARSHIPS** PAGE A15

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## Streetcar brings "Mary Poppins" to the stage!

MEREDITH — "Mary Poppins, The Musical" will be presented by The Streetcar Company at the Meredith Inter-Lakes Auditorium April 28 through the 30th.

The immensely popular story by P.L. Travers of the practically perfect nanny has delighted audiences for decades. Starting as a series of

children's books, first published in 1934, the story then evolved into the beloved Disney film musical starring Julie Andrews and Dick Van Dyke in 1964 and eventually into a Broadway musical in 2006, where it ran for seven years.

It's quite the undertaking for Streetcar, involving more than 30 members in the cast and

crew, challenging sets, and iconic costumes not to mention hiring the "most prolific and widely-respected theatrical flying service in the world," Flying by Foy who will come in during tech week to instruct and enable the tech crew to handle the intricacies of flying Mary and a few others in the cast across the Meredith stage.

After its release to community theaters over a year ago, director J Alward and the board of directors decided they would apply for the rights and look forward to presenting the musical.

"We want to present a high caliber musical presentation to the audiences" said Alward. "The musical is more charac-

ter driven than the film so beside Mary and Bert, you get to know who Mr. & Mrs. Banks really are and why they behave as they do, you get to see Jane and Michael grow up and evolve."

Flying high as Mary will be Kelli Powers. A flight attendant for American Airlines, Powers says she is "over the moon excited" to be por-

traying this classic character. She has been involved with theatre and dance since high school, and has been seen in several St. Car shows, including as Fantine in Les Miz a few years ago, but this one is special as her nephew is playing Michael and her niece is in the chorus making it a real "family affair."

Chris Fernandez, as Bert, is "beyond excited." He says it's a daunting challenge to be taking on the Dick Van Dyke role, but he hopes to make his Bert someone people will enjoy. The physically challenging role includes a lot of tap dancing, something Chris says he's learning and enjoying more and more. A landscaper from Laconia, Chris has enjoyed theatre since middle school but took a long break from acting before joining Street Car and appearing in several plays and musicals over the last few years.

Isabella Cottrell, of Gilmanton, is a fifth grader who is homeschooled. She is playing Jane Banks. With numerous plays and musicals under her belt. She is happy that all the hard work she put into preparing for her audition as Jane worked out. She is looking forward most to the singing and dancing in the show. Jesse Powers, of Gilford, is a sixth grader at Gilford Middle School. He is playing Michael Banks. Jesse says he also looks

SEE **MARY POPPINS** PAGE A15

## Pitman's welcomes a living Blues legend

LACONIA — Pitman's Freight Room at 94 New Salem St. in Laconia is pleased to announce the following events for this weekend.

**Friday, April 7, 8 p.m., \$20 in advance, \$25 at the door: Luther "Guitar Junior" Johnson**

Luther "Guitar Junior" Johnson is one of the premier blues artists to emerge from Chicago's music scene. Hailing from Itta Bena, Miss., Johnson arrived in Chicago in the mid-fifties a young man. At around the same time, the West Side guitar style, a way of playing alternating stinging single-note leads with powerful distorted chords, was being created mostly by Magic Sam and Otis Rush. This style grew into an important contribution to modern blues and rock, influencing such notables as Eric Clapton and



COURTESY PHOTO

Luther "Guitar Junior" Johnson

Mark Knopfler. Johnson served a long sideman apprenticeship with both Magic Sam and Muddy Waters, while developing into a strong performer in his own right. Today, Luther is widely con-

sidered the foremost proponent of the West Side guitar style and the heir apparent to the late Magic Sam's West Side throne.

Doors open at 7pm and we are a BYO Venue. For reservations,



COURTESY PHOTO

Ryan Ordway and his band

call 527-0043.

**Saturday, April 8, 8 p.m., \$15: Ryan Ordway CD Release Show**

A blend of Americana, with undertones of '60's rock is the style of singer/songwriter/producer, Ryan Ordway. Like sitting around a warm campfire among friends, to steering your longboard through a busy intersection, Ordway's songs are sure to take the listener on a musical journey. His music has been featured on NBC's

hit TV show "The Office" ABC's "Happy Endings," ESPN, NESN, FOX's "Raising Hope," SYFY's "Eureka" and Warner Brothers "Felicity." In 2014 Ordway was selected to spend a week recording in Nashville with legendary producer Ken Scott (The Beatles, Elton John, David Bowie) at the world renown Blackbird Studio's owned and operated by John and Martina McBride.

Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043.

## LRGHealthcare

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Dear Patient,

On April 1, LRGHealthcare is launching a new electronic health record (EHR) system that will provide tremendous benefit to you: our patients. This organizational-wide computer system will help us better serve you by allowing your health care providers to share information seamlessly to provide effective and timely care, both in the office and the hospital.

**In anticipation of the new EHR, there are a few things you should know:**

- **Beginning April 1**, please plan to arrive 20-25 minutes before your scheduled appointment, or outpatient testing. This will allow the extra time needed to enter your demographic data, review your medical history, medications, allergies, immunizations, as well as other data needed for the new EHR.
- Depending on your medical history, we may ask you to review and verify some information prior to your next appointment.
- As always, please remember to bring your ID and insurance cards to your appointment or outpatient testing.

As with any system change, our staff members (Including your provider) are learning new ways to do their work. We will do our best to minimize any disruption in our services to you; we ask for your patience as we work together to improve healthcare services in our community.

One of the most exciting new services is the *myPatient* Portal. The interactive *myPatient* Portal system empowers you to take a more active role in your care; providing easy, secure access to your health information, including online communication with your healthcare team. The *myPatient* Portal will give you access to your laboratory and radiology results, medications, allergies, educational information and more. Enrollment for the new *myPatient* Portal will begin April 1.

Our ultimate goal in implementing this new system is to make your experience with LRGHealthcare even better. We appreciate your support and willingness to partner with us as we get ready, set and go-live with this new innovative computer system.

If you have any questions, please talk with your healthcare provider or any member of your healthcare team.

Sincerely,

*Your Healthcare Team*

Lakes Region General Hospital / Franklin Regional Hospital / Laconia Clinic / Belknap Family Health (Belmont & Meredith) / Caring for Women / Convenience Care / Hillside Surgical Center / Hillside Medical Park / Interlakes Medical Center / Wellness Centers / Weight Institute of New Hampshire (WINH) / Advanced Orthopaedic Specialists (AOS) / Dental Resource Center / ENT Associates of NH / FRH Internal Medicine / Laconia Internal Medicine / Lakes Region Family Practice / Lakes Region Surgical Associates / Vascular Surgery & Wound Healing Center / Sleep Evaluation Center / Moultonboro Family Health / Newfound Family Practice / Occupational Health Services / Pulmonary & Critical Care Medicine / Westside Healthcare

# Genesis Behavioral Health to move to downtown Laconia Location

LACONIA – Genesis Behavioral Health recently closed a deal with LRGHealthcare to purchase the HealthLink building located at 575 Main St. in Laconia. With the purchase of the property, the new building will allow Genesis Behavioral Health to combine four of their Laconia campus sites which include the two clinical offices currently located at 111 Church St. and 771 North Main St. All LRGHealthcare employees who occupied the HealthLink building have moved to other LRGHealthcare properties.

“We are pleased to be part of Genesis Behavioral Health’s solution to finding a new home in Laconia,” states Kevin W. Donovan, LRGHealthcare President and CEO. “It is nice to

know that not only will this historical building be revitalized, but it will continue to house an important community service.”

Genesis Behavioral Health and LRGHealthcare are partners in meeting the specialty care needs of mental health patients in the communities they serve. New Hampshire is challenged by limited availability of resources for people with mental illness and this is another example of how Genesis Behavioral Health and LRGHealthcare continue to explore opportunities that improve access to care.

“This building gives us an opportunity to demonstrate to our staff, our patients and the community the significance that mental health



**Leaders of Genesis Behavioral Health and LRGHealthcare together at the closing of the HealthLink building sale. Pictured left to right: Sunshine Fisk, Genesis Behavioral Health CFO; Maggie Pritchard, Genesis Behavioral Health CEO; Regina A. Nadeau, Esq., Attorney at Normandin, Cheney & O’Neil, PLLC; Kevin W. Donovan, LRGHealthcare President and CEO; Mitchell Jean, Esq., LRGHealthcare General Counsel.**

treatment has in all our lives,” said Maggie Pritchard, Executive Director of Genesis Behav-

ioral Health. “We have been fortunate to work with LRGHealthcare, Conneston Construction, and Samyn-D’Elia Architects to support us and help us see this dream become a reality.”

Genesis Behavioral Health is working with Samyn-D’Elia Architects, P.A. of Ashland, REI Service Corporation of Manchester and Conneston Construction, Inc. of Laconia. The renovation of the facility will provide for a much more

energy-efficient operation with improved access to clinical services. The reconstruction of the building’s interior is scheduled to begin in May, and Genesis hopes to be occupying the building as early as December.

“Patients should feel respected and well cared for with our evidence based services and well trained staff,” said Pritchard. “The building will be transformed to reflect those sentiments.”

## Genesis, Navigating Recovery team up for Veterans Law Clinic

LACONIA — Genesis Behavioral Health and Navigating Recovery of the Lakes Region will be sponsoring a Veterans Law Clinic on Friday, April 14. The clinic will be held in the offices of Navigating Recovery of the Lakes Region, located at 635 Main St., Suite 303 (Third Floor via elevator), Laconia. The clinic will run from 11 a.m.-5 p.m.

The clinic will feature assistance from both the Division of Child Sup-

port Services and Attorney Larry Vogelmann. These services are provided at no cost to the veteran or their family.

Representatives from the Division of Child Support Services (DCSS) will be present to answer questions and assist veterans with their child support needs. DCSS has recently established the Child Support Outreach to Military Families task force in an effort to strengthen and rebuild military members’ and

veterans’ relationships with their families.

Services offered by DCSS include: locating individuals, establishing paternity, obtaining and enforcing support orders, and reviewing and adjusting support orders, if at least three years have passed since the date of the most recent order or last review, or there has been a substantial change in circumstances. The DCSS team looks forward to meeting with

veterans at this event on April 14.

Larry Vogelmann is a partner with Nixon, Vogelmann, Barry, Slawsky, Simoneau and a founder of the Veterans Law Project-Legal Boots on the Ground. He can provide consultation in the areas of criminal law, civil rights, personal injury and em-

SEE VETERANS PAGE A15

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## Busting the myths of advanced care planning and hospice

REGION — Central New Hampshire VNA & Hospice has partnered with Dr. Marianne Jackson to present a series of events about Advanced Care Planning. The events coincide with Central New Hampshire VNA & Hospices’ Centennial Year Celebration and showcase Dr. Marianne Jackson’s research regarding the changes in medicine of the last 100 years, common myths and misconceptions, and why it is more important than ever before to plan for your future. Dr. Marianne Jackson, who served the North Country for 30 years as a local physician, is now dedicating her time to helping us avoid unnecessary suffering at the end of life.

A presentation titled, “Busting the Myths of Advanced Care Planning and Hospice,” will be held on Tuesday, May 2 from 3-4 p.m. at Meredith Bay Colony Club in the Community Room. Come celebrate our Centennial, enjoy Dr. Jackson’s presentation, and discover new ways to bring families together around the topics of death and dying. Start the Conversation. Learn how Advanced Care Planning can relieve conflicts and provide measures of security for family members. Free Advanced Directive

forms will be provided.

To reserve your spot contact Diane Ruggiero the Activities Director at Meredith Bay Colony Club at 279-1530, or re-

serve your spot in Event Brite.

For more information about the presentation or to schedule one near SEE HOSPICE PAGE A15

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# Things to consider before choosing a summer camp

Though February does not often elicit images of youngsters building campfires or playing games in the pool, the month more synonymous with the Super Bowl and Valentine's Day is a great time for parents to start thinking about summer camps for their kids.

Summer camp is often something kids look forward to, and something they will fondly recall long after they reach adulthood. For many kids, summer camp provides a first taste of independence, as youngsters spend significant time away from home without their parents for the first time in their lives. But as great an experience as summer camp can be for youngsters, it can be just as difficult an experience if parents don't find the right fit for their children. That's why it behooves

parents to start thinking about summer camps for their kids in winter, before camps start filling out their rosters, which tends to happen in early spring. The following are a few things parents should take into consideration when seeking a summer camp for their kids.

### Staff

The right summer camp staff can make all the difference. Many children are understandably shy when arriving at a summer camp, as their friends from back home might not be joining them. That can make kids hesitant to participate in activities or less enthusiastic about those activities. But a good staff will know how to make kids feel welcome, which should help them come out of their shells and make the most of their summer camp ex-



periences. The quality of staffs can vary significantly depending on the camp, so it's important that parents ask camp representatives about their staffs before making any commitments. Ask how long the staff has been together and the types of training new and even veteran staff members undergo before the start of camp season? Does the training include first aid and emergency medical training and certification?

It's also good to ask about the vetting process the camp employs before hiring new staff, including the extent of its background checks. Are criminal background checks conducted? How many references must potential staff

members supply to be considered for employment? A good camp will be forthcoming with answers to all of your questions, so eliminate those that appear hesitant to share information about their staffs.

### A day in the life

When vetting camps for kids, parents should ask what a typical day is like once the season hits full swing. Many parents want their youngsters to have a well-rounded experience, while others might want their kids to attend a more specialized camp, whether it's a sports camp focusing on a particular sport or a music camp devoted to helping kids become better musicians. Regardless of the type of

camp parents are considering for their kids, they should ask about what daily life at the camp is like. Ask to see schedules and how strictly camps adhere to those schedules. When considering specialized camps, ask the staff representative if kids will have the chance to simply have a little fun and which types of recreational activities are planned to give kids a break from what are often rigorous schedules.

### Camp goals

Another thing parents must consider before choosing a summer camp for their kids is the goals of each individual camp. A camp should be dedicated to ensuring kids have fun, even when kids are attend-

ing more specialized camps that tend to be more strict. In addition, parents should look for a camp that wants its attendees to foster relationships with their fellow campers. Camp can be lonely for some youngsters, especially those attending summer camp for the first time, but a summer camp that strives to promote friendship among its campers can reduce, if not eliminate, any feelings of homesickness.

Late winter is when parents should start looking at summer camps for their kids, and there are a host of factors moms and dads should take into consideration during the vetting process to ensure their youngsters have as much fun as possible.



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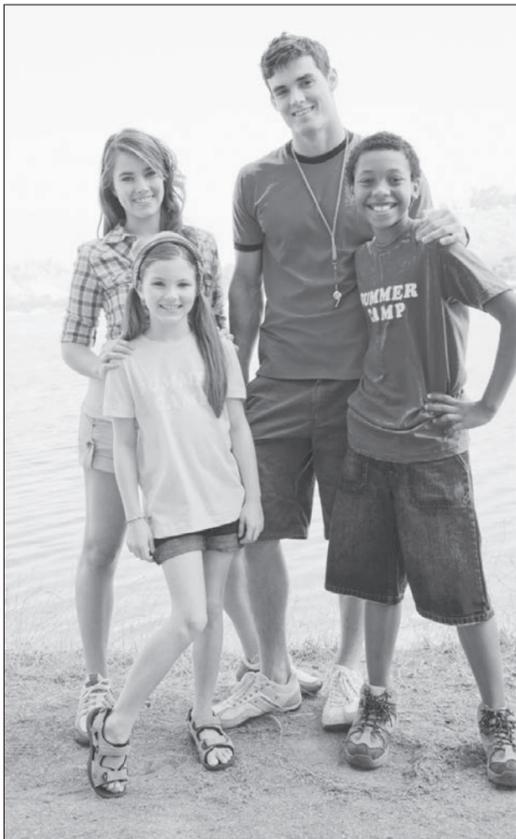


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# SUMMER CAMPS '17

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# 'Double your Donation' during WOW Trail fundraiser at Patrick's

GILFORD — Patrick's Pub & Eatery, a long-time supporter of the

WOW Trail, is holding a fundraiser during the month of April that al-

lows customers to 'Double their Donation' to the WOW Trail.

## Merrimack County Savings Bank and Meredith Village Savings Bank announce second Community Photo Contest

MEREDITH — Sister banks Merrimack County Savings Bank and Meredith Village Savings Bank launched their second annual photo contest on Monday, April 3. Winning full color photographs will be featured on four websites: the two banks, New Hampshire Mutual Bancorp (NHMB) and MillRiver Wealth Management; as well as in desktop and wall versions of printed calendars for both Banks. Winning photos may also be included in desk calendars, holiday cards and note cards.

Many winning photos will focus on people enjoying local events, such as the Merrimack County Savings Bank Rock N' Race, the Hampton Beach Master Sand Sculpting Classic, the Nashua Rotary Rock n' Ribfest or the Sandwich Fair. Other popular choices include people enjoying local New Hampshire venues, attractions and businesses such as the Sculpture Walk in Meredith, Canterbury Shaker Village or Granite State Candy in Concord.

Different formats are needed for use on the



COURTESY  
"The State Flower - Lilacs," by Rod Chronister of Manchester, May's winning photo from last year's contest. 2017's contest period is April 3 through May 27.

website versus the print calendars, so there are two separate contests. Participants may enter one or both contests, but will need to complete a separate entry form for both contests, with a maximum of five full-color entries each.

All photos and entry forms must be submitted before close of business on Saturday, May 27. A \$50 cash prize is awarded for each winning photo selected. Winners are responsible for the payment of any federal, state and local taxes on their prizes.

Photos must be submitted as colored prints with a corresponding disc containing high resolution full-color images in .tiff, .eps or .jpg formats. For the calen-

dar contest, the prints should be 10 inches wide by eight inches high, and the associated digital files should be a minimum of 300 DPI. For the website contest, the prints should be 10 inches wide by 4.25 inches high and the associated digital files should be a minimum of 72 dpi (though higher is preferred) at a size of at least 1920 pixels wide x 5,300 pixels high.

The names of the photographers will be unknown to the panel evaluating the work and selections will be based solely on the suitability of the subject; quality of the photograph; and adherence to the purpose of the contest, which is a celebration of New Hampshire year round.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated — the first relationship of its kind in New Hampshire. This strategic partnership has positioned the

SEE CONTEST PAGE A15



COURTESY

A family walks behind Gouin Plumbing & Heating on the newly completed Phase 2 section of the WOW Trail last November. The WOW Trail, connecting to the Winnisquam Scenic Trail, now offers four and a half miles of trail for the community to enjoy.

"We're excited to give the community this offer to contribute to the on-going efforts to extend the WOW Trail" explains Patrick's co-owner and WOW Trail President Allan Beetle. "We now have four and a half miles of trail for people to use, from Lakeport to Belmont's Winnisquam Scenic Trail. But we still have a long way to go to bring the trail to Weirs

Beach and onto Meredith. When we get this done, the WOW Trail will be a destination for trail users and their families throughout New England and beyond." Customers are encouraged to make a \$5 or \$10 donation to the WOW Trail, and in return, they will receive a dining coupon good for double that amount on a future visit. This offer is available at

Patrick's during the entire month of April.

Another WOW Trail fundraiser, the WOW Sweepstakes Ball, is coming up on May 20 and will be held for the first time at Gunstock. Tickets go on sale April 10 at [www.banknhpavilion.com](http://www.banknhpavilion.com).

For more information, go to [www.wowtrail.org](http://www.wowtrail.org) or [www.patrickspub.com](http://www.patrickspub.com).

## Bank of New Hampshire presents Lakes Region Art Association's 2017 Art Shows

LACONIA — Do you have an appreciation for art? Join the Lakes Region Art Association at their new location in the Tanger Outlets for the 2017 art show series presented by Bank of New Hampshire. Each show will have a different theme to be enjoyed by all.

"Because of the generous support from Bank of New Hampshire, the Association is able to present five art show in 2017 which highlight original works of art by Lakes Region artists," stated BJ Eckardt, Co-chair of the 2017 LRAA Show Committee. "These funds help cover the expenses associated with putting on an art show and keeping artists entry fees at a reasonable rate."

The next show, "Eye of the Beholder," can be enjoyed Friday, April 14 through Monday, May 15. The Lakes Region Art Association is teaming up with the Lakes Region Camera Club to present this show. Photographers from the Camera Club offer up a limited number of photos from which the



COURTESY

Left to right: Vynnie Hale, Art Shows Co-Chair for LRAA; Jean Kennedy, President of LRAA; BJ Eckardt, Art Shows Co-Chair for LRAA; Dona Murray, VP — Investment Officer for Bank of New Hampshire.

artists from the Art Association will use as inspiration to create works of art. At the show, the photographs and the newly created works of art will be displayed side-by-side.

"The Lakes Region Art Association is a vehicle to enhance ability and to further the appreciation of art in the Lakes Region," stated Donna Murray, Vice President — Investment Officer for Bank of New Hampshire. "Bank of New Hampshire is a proud supporter of the Lakes Region Art Association and the entire cultural arts community."

For more information on the Lakes Region Art Association, visit [www.LakesRegionArtAssociation.org](http://www.LakesRegionArtAssociation.org).

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire. With 24 banking offices throughout New Hampshire and assets exceeding \$1.4 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

## Local bed & breakfasts team up for Celebrate Spring Muffin & Scone Tour!

REGION — Come join us April 22 from 1-6 p.m. and April 23 from 1-3 p.m. as seven bed & breakfasts and inns throughout the Lakes Region open their doors to spring and welcome you with their culinary delights of muffins and scones!

This is going to be a great weekend for you to take a drive around the lakes region and tour seven of the area's coziest, individually unique, and hospitable bed and breakfasts in the area!

Come for the weekend and stay, or if you are local, drop in for a visit! If you visit all seven B&Bs, you can enter a raffle to

win a \$150 gift certificate good toward a stay at one of the seven B&Bs.

Local day trippers can tour for only \$10 per person. Contact Heidi at the Pleasant View B&B at 744-5547 or Annmarie at the Tuckernuck Inn 279-5521 to make your reservations!

Or, book your two Night Tour Package at one of these participating B&Bs:

**Ballard House Inn-Meredith** 279-3434  
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**Tuckernuck Inn — Meredith** 279-5521

**Lake House at Ferry Point — Sanborton** 524-0087

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**The Nutmeg Inn — Meredith** 677-7245

\* Each B&B will offer their own special 2 night tour packages and complimentary tour maps/tickets for each booked guest.

For more information or questions, please contact Heidi at 744-5547 (Pleasant View B&B) or Annmarie at 279-5521 (Tuckernuck Inn).



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## PARADISE

(Continued from Page A1)

support the Youth Center in a big way," Lunt said. "It's just amazing really when you look at everything that happens in this place. "It really makes a significant impact on the community.

Dick and Ruth Stewart of Sandwich came to "Evening in Paradise" for the first time.

Ruth Stewart said they had some friends who had been leaning on them to come to the event. Dick Stewart said they are usually out of the area around the time of the event.

"We've been looking forward to this all winter," Dick Stewart said.

Ruth Stewart said they had spent the day shoveling out their driveway.

"We went through hell to get to paradise," she said.

This was also the first year for Kathy and Andy Giovanni of Laconia, who are friends with rotary member Don Clarke.

"It's very colorful,"



Jeanette Potter of Maynard, Mass., joins her sister Rita Pierce of Gilford in serving drinks at "Evening in Paradise."



Guests look over the silent auction items.

Andy Giovanni said, and looking forward to the Jimmy Buffet music. He said they were enjoying themselves

## MR. GHS

(Continued from Page A1)

wear for the event.

The event was originally scheduled for March 16, but was rescheduled due to snow.

O'Riordan thanked "I Do" and Men's Warehouse for offering the tuxes twice.

They also offered a special purple handkerchief for contestants to wear in honor of Ava Doris.

The show was emceed by GHS teacher Corey Nazer.

A panel of judges, who were unfamiliar with each student and had no biased views, evaluated each candidate. The panel consisted of Gilford Police Chief Anthony Bean Burpee; Wayne Sevin, co-director of the Miss Lakes Region and Miss Lakes Region's Outstanding Teen Scholarship Programs; Miss Lakes Region Elizabeth Henry; Veteran's Home representative Bill Bertholdt; and Amanda Youseff, a fourth grade teacher in the Laconia School District and O'Riordan's daughter.

Participants took part in a series of intense competitions: Best Legs, Talent, the Lip Synch Battle, and the Interviews.



Seamus Therrien shows his trumpet playing skills during the Mr. GHS competition, which he would win.



Mr. GHS contestants take part in the Best Legs competition.

During the opening, contestant Ethan Warren asked his escort Sydney Milligan, with the help of a few friends, if she would go to prom with him; she said yes.

In the end the crown went to junior Seamus Therrien.

Therrien demonstrated his talent in playing a trumpet. During the interview he was asked

the three things he would bring on a deserted island. He replied sunscreen, "Because I burn crazy easy," the chief of police ("I'm sure it would get really lonely"), and flip-flops ("Don't you just hate walking out on the beach and it's hot?").

Elizabeth Henry formally crowned Therrien.

"It was a really fun night," Therrien said. "I can't wait to see it again in the future."

Mr. GHS received two tickets to any concert of his choosing at Bank of NH Pavilion.

Ethan Carrier was the second runner up and Sam Sawyer was a finalist.

Every candidate received a prize.

## PODCAST

(Continued from Page A1)

find a podcast that was shorter and they could easily listen to on the commute.

"It seemed like there was space for doing something different in the podcast (world)," Voivod said.

Voivod said around the time the Star Wars franchise has been bought by Disney and new shows, movies, and other media were coming out it seemed like a good time.

He planned out the first podcast and the show formally launched on July 7, 2014.

The podcasts were scripted for the first two and a half months, though he eventually went off the script and planned out a series of talking points.

Most of the episodes are recorded from his home office, though sometimes he has recorded remotely such as at Star Wars Celebration in Orlando. He said he has recorded some episodes in his car.

All the episodes are recorded ahead of time and broadcasted later. Voivod will record audio that will become multiple future episodes.

Voivod said there is always something to talk about, such as a new trailer, reports from Star Wars Celebration, movies in development, Star Wars TV shows, novels from the universe, and so much more.



Allen Voivod shows some raffle prizes during the 1,000th episode celebration.

"When you realize how much new stuff is coming out and when you realize how many people are involved in it, there isn't a dearth of things to (talk about)," Voivod said.

Voivod has interviewed numerous Star Wars authors, including those who have written fiction and nonfiction. He said he has yet to interview any of the actors.

"I know it will happen eventually and it's just a matter of time," Voivod said.

Voivod said his audience has been steadily growing. There was a spike in listeners following the release of "Rogue One" late last year and he said he would love to see more spikes.

People in 130 different countries on six continents have listened to the show. He is hoping he will hear from someone listening on Antarctica.

Voivod it is incredibly humbling to think something he recorded "from a small studio in the middle of New Hampshire" could reach out to

that many people. He said he will hear from people from all over the world.

"It's something to think about: so many people are willing to bring you into their lives like that," Voivod said.

In the process, he has been able to share his love for Star Wars with his kids. His sons joined him to see "Rogue One" in the theater, and he and his son will also do trivia challenges.

Voivod said he didn't realize the milestone of episodes until he got to around episode 950.

"Four digits seemed like something I couldn't wrap my head around," Voivod said.

On Thursday friends and family joined Voivod at Cactus Jack's in Laconia for a party celebrating the 1,000th episode.

He said it is especially humbling to see how many people who are there who have been listening since the beginning.

"The fact that you came to celebrate with me...I'm so grateful," he told attendees.

## MAPLE

(Continued from Page A1)

ple syrup before, this was definitely something that was a learning experience," said fourth grade teacher Melanie Franks.

One thing they learned was that sap has a short shelf life. Franks said when they first got sap they learned that the shelf life is only six days. Bolduc took that first batch of sap home and boiled it into syrup.

In total they collected 40 gallons of sap. Local syrup makers Keith Gandini and Matt Herbert boiled down the sap in the parking lot in front of the cafeteria on Friday.

"We thought we're going to see this all the way through," Bolduc said.

Throughout the day on Friday the fourth graders rotated between different stations teaching different aspects of the maple syrup making process. Gandini and Herbert explained the equipment and the syrup making process at one station.

Gandini said Bolduc asked his wife Gretchen Gandini, who also



Fourth graders Addison Harris, Olivia Keenan, and Anna Coapland create some art as part of their class maple syrup project.



Buckets of sap collected by Gilford Elementary School students from trees outside the school wait to be boiled into syrup.



Keith Gandini and Matt Herbert demonstrate the creation of maple syrup to fourth graders at GES.

serves on the school board, if he could help with this project. He asked Herbert to join him on this.

Both Gandini and Herbert have children who attend GES.

"It's cool to learn where your food comes from," Herbert said.

Gandini said this shows the students that the process as not as simple as they might think. Herbert said he liked quizzing the kids on what they know.

"It's fun having them SEE MAPLE PAGE A15



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**MAPLE**

(Continued from Page A14)

ask questions," Gandini said.

Other stations included taste testing and charting results, temperature and sap production, and many other factors.

At the tasting station in Franks' class, one of the syrups they sampled was the golden syrup made from their own sap and boiled by Bolduc.

"It's been a good time for the kids to get involved in something

that can do in their backyard," said fourth grade teacher Melanie Franks.

At the end of the day parents were invited to come in to hear the students present what they learned.

Bolduc said she wants to do this project again.

"I really wanted to make this a new tradition for GES," Bolduc said. "We identified more maples we could tap."

She said she would love to have the whole

school involved in this learning activity.

"I think this is something they'll never forget," Bolduc said.

Fourth graders Addison Harris and Olivia Keenan said this was a really fun project.

Harris said her favorite part was the tasting.

Fourth grader Anna Coapland said she learned that it takes a lot of sap to make syrup. Harris said she learned about the ideal temperatures for sap production.

**BELKNAP**

(Continued from Page A6)

Grille in Laconia, GM Brett Marquis, Kitchen Manager Mike Portigue, and manager Dale Rivillas for making this benefit dinner so successful.

Located on Court

Street in Laconia, Belknap House will serve as the cold-weather shelter in Belknap County for homeless families with children. The facility has a capacity for 19 in-

dividuals and will function as a hostel during the summer months. A 2017 opening is planned. Please visit our Web page at [www.belknap-house.org](http://www.belknap-house.org).

**MARY POPPINS**

(Continued from Page A8)

forward to the singing and dancing plus acting bratty. He has been dancing for 8 years and enjoys playing the piano as well.

Other cast members include Rodney Martell and Meredith Imbimbo as Mr. & Mrs. Banks, Mark Lambert, Scott Alward, Lena Luongo, Frank Stetson. Also Riley Alward, Hillary Ayers, Willow Farley, Peter Ayer, David Nelson, Karen Jordan, Patte Sarausky, Erin Lovett Sherman, Kathryn Os-

burn, Riley Powers, Emily Getchell-Lacey. As well as Carter Fredette, Grace Southworth, Carlee Farwell, Emma Tierno, Olivia Mills, Rhonda Perry, Jacqueline Nash, Gabby Leclerc, Kimmi Adjutant, Mike Manning, Stella Bamford, Maia Heller, Myles Belove, and Lillian Tierno.

With the added expense required to produce the show, the company has plans to launch a go-fund-me page and anyone wishing to donate toward the project

is invited to go the company website at [www.streetcarcompany.com](http://www.streetcarcompany.com) or follow them at The Streetcar Company on Facebook.

Technical and backstage help is still needed and anyone interested is asked to contact the producer, Raelyn Cottrell at [angels1@metrocast.net](mailto:angels1@metrocast.net).

The Streetcar Company is a 501c3 not for profit group celebrating its 45th year of providing community theatre to patrons of the Lakes Region.

**VETERANS**

(Continued from Page A9)

ployment. Vogelman's main focus will be to support the veterans who are coming in to see the Division of Child Support Services.

Appointments are preferred for this event and DCSS will set up meetings every 30 minutes starting at 11 a.m., with the last appointment starting at 4 p.m. Attorney Vogelman will be available for consultation if necessary.

We are already soliciting referrals from the

VA's Veterans Justice Outreach program and from Easterseals NH. Other veterans who are interested in attending this program should contact Ed Drury, the Military Liaison at Genesis Behavioral Health to pre-register. Ed can be contacted at 524-1100, ext. 157 or via email at [eddrury@genesishb.org](mailto:eddrury@genesishb.org).

Genesis Behavioral Health is designated by the State of New Hampshire as the com-

munity mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, Genesis serves nearly 4,000 children, families, adults and older adults each year. For more information or to schedule an appointment, call 524-1100 or visit the website at [www.genesishb.org](http://www.genesishb.org). Find Genesis Behavioral Health on Facebook and follow us on Twitter for updates and information.

**HOSPICE**

(Continued from Page A9)

you, visit [www.centralvna.org](http://www.centralvna.org) or contact Angela Smith at 524-8444.

**About Central New Hampshire VNA & Hospice**

The Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health,

hospice and community-based care services." Central New Hampshire VNA & Hospice has served Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a compre-

hensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

**CONTEST**

(Continued from Page A12)

Banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of MVSb and the Merrimack. NHMB combined assets total nearly \$1.6 billion.

Merrimack County Savings Bank is celebrating its 150 year anniversary of serving the people, businesses, non-profits and municipalities of the greater Concord and Nashua regions since 1867. The Merrimack and its employees are guided and inspired by Merrimack style: living up to

the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local offices in Concord, Nashua, Bow, Contoocook or Hooksett, call 800-541-0006 or visit [themerrimack.com](http://themerrimack.com).

For nearly 150 years, Meredith Village Savings Bank (MVSb) has been serving the people, businesses, non-profits and municipalities of Central NH. MVSb and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Meredith, Moul-

tonborough, Plymouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

MillRiver Wealth Management offers trusted financial advice in the New England tradition of neighbors serving neighbors. With New Hampshire roots reaching 150 years, MillRiver combines the financial expertise and local insights of Merrimack County Savings Bank and Meredith Village Savings Bank, each with a legacy of trusted service dating back to the 1860s. Customized financial planning include solutions for investment management, retirement planning, financial planning and trust, estate and fiduciary services. For more information, please call 223-2710.

**NOTEBOOK**

(Continued from Page A4)

er's eventual mighty roar.

As the early weeks of spring slip by, the bond of water indulges in a few half-hearted goodbyes and then dissipates with a rush, and suddenly built-up snow and ice are all too ready to part company as warmth and the

tug of gravity rend all bonds asunder.

No longer does water cling to its tenuous perches high above the level of the sea. It is in a hurry to get free and be gone, without even a wave or a goodbye or a "See you next year," which it inevitably will.

*(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or Box 39, Colebrook, NH 03576.)*

**SCHOLARSHIPS**

(Continued from Page A7)

students in the New Hampshire community. Korry Blake is a Laconia resident who attends Laconia Public High School. She hopes to obtain a Masters in Accounting and has spent many hours volunteering for local after-school programming including Project EXTRA! and Camp VanGo. Kellie Lowes is a student at Timberlane Regional High School and is looking toward pursuing a degree in Nursing at The University of New Hampshire. Kellie has spent countless hours tutoring and volunteering with local organizations such as The Sandown Summer Recreation. She is currently Captain of the Varsity Swim and Tennis Team at her high school. Cassandra Weston is from Gilford High School and is the current president of The National Honor Society. Cassandra hopes to obtain a Bachelors in Science to then continue onto medical school to become an Orthodontist.

The three recipients all spoke of their gratitude at The Benefit Dinner and of their



2017 FHL College Scholarship Recipients featured left to right, Cassandra Weston, Korry Blake and Kellie Lowes.

dreams for the future. The evening was a true representation of placing hope in today's youth for the future. To learn more about the 2017 FHL College Scholarship recipients visit FHL online at [www.faithhopeandlovefoundation.org](http://www.faithhopeandlovefoundation.org) or on Facebook. The Faith Hope and Love Foundation was founded in 2006 by Laura Brusseau and Jessica Dutille to bring relief to local children

suffering from homelessness, poverty or hunger and to bring them hope through faith and love so that they may accomplish all of their dreams. FHL will be seen next at their annual event Formal Wear for a Fancy Affair giving away free formal wear to high school students looking to go to prom on Saturday, April 22 at Plymouth State University.

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## SPORTS



BOB MARTIN

The boys' and girls' tennis teams have been working out together in the gym due to the recent snowfall and cold weather.

## Golden Eagles tennis boys look to defend title

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — It is no mystery that Gilford

High School has one of the top boys' tennis teams in the division after coming off of an

undefeated state championship season, but coach Terry Wilson said his team isn't let-

ting past success get into their heads.

"We don't like to talk about the past much

because this is a different team," said Wilson. "But they are ready to go out there and com-

pete, and are hoping for similar results."

This year's team SEE TENNIS PAGE B10

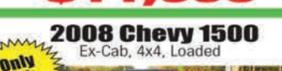
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<b>2003 Ford Ranger</b> Super Cab, 4-Door, 4x4, V-6, Auto, Edge Pkg. Flareside  <b>\$8,995</b>	<b>2009 Toyota Tacoma</b> Access Cab, 4-Door, 4x4, 5-Speed 4-Cylinder  <b>\$15,995</b>	<b>2005 Toyota Tundra</b> SR5, Access Cab, 4.7L, 4x4, Loaded 4-Door  <b>\$13,995</b>	<b>2005 Nissan Frontier LE</b> Crew Cab, 4-Door, Loaded 4x4  <b>\$11,995</b>	<b>2009 Ford Ranger</b> Super Cab, 4x4, Automatic FX-4  <b>\$12,995</b>
<b>2005 Nissan Frontier LT</b> Crew Cab, 4-Door, 4x4, 6-Cylinder Automatic  <b>\$11,995</b>	<b>2007 Dodge Dakota</b> Crew Cab, 4-Door, 4x4, V-6, Leather Interior Moonroof  <b>\$11,995</b>	<b>2006 Ford Ranger</b> Ex-Cab, 4x4, Automatic, V-6 Meyer Plow  <b>\$9,995</b>	<b>2010 Dodge Dakota</b> Ex-Cab, 4x4, Automatic, V-6 Low Miles  <b>\$11,995</b>	<b>2001 Dodge Dakota</b> Ex-Cab, 4x4, Automatic V-8  <b>\$5,995</b>
<b>2008 Ford F-150</b> Reg. Cab, 4.2L, V-6, Automatic, A/C 8-Ft. Bed  <b>\$8,995</b>	<b>2008 Chevy 1500</b> Ex-Cab, 4x4, Loaded Only 87k  <b>\$17,995</b>	<b>2012 Nissan Titan SV</b> 4-Door, 5.6L, V-8, Loaded, Low Miles 4x4  <b>\$20,995</b>	<b>2014 Chevy 1500</b> Double Cab, 4-Door, 4x4, Loaded Black Beauty  <b>\$25,995</b>	<b>2010 Ford F-150</b> Super Cab, 4-Door, 4x4 Short Bed  <b>\$14,995</b>
<b>2013 Chevy 1500</b> 4x4, Automatic 8-Ft. Bed  <b>\$13,995</b>	<b>2012 Ford F-150</b> Super Crew, 4-Door, 4x4, Loaded Chrome Wheels  <b>\$19,995</b>	<b>2007 Ford F-150</b> Super Crew, 4-Door, 4x4, Loaded, Leather FX-4  <b>\$16,995</b>	<b>2012 Ford F-150</b> Super Cab, 4-Door, 4x4, Loaded, Leather 5.0L V-8  <b>\$20,995</b>	<b>2004 Chevy 1500</b> Ex-Cab, 4-Door, 4x4, 5.3L, V-8 Low Miles  <b>\$11,995</b>
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<b>2003 Ford F-450</b> Dually, 4x4, Automatic, Snow Plow, PTO Dump, Powerstroke Diesel Only 49k  <b>\$19,995</b>	<b>2004 Chevy 2500 LT HD</b> Crew Cab, 4-Door, 4x4 Leather  <b>\$15,995</b>	<b>2006 Ford F-350</b> Dually, 4x4, Dump, Automatic, Boss Plow Powerstroke Diesel  <b>\$14,995</b>	<b>2008 Ford F-350</b> Super Crew, Lariat, Stainless Steel V-Blade Powerstroke Diesel  <b>\$22,995</b>	<b>2008 Ford F-550</b> Dually, 4x4, Utility Body, 10,000 pound telescopic Hoist Powerstroke Diesel  <b>\$29,995</b>
<b>2006 Ford F-350</b> Super Cab, 4-Door, 4x4, Dually, Knapheide Utility Body, Stainless Steel Blade Powerstroke Diesel  <b>\$12,995</b>	<b>2009 Ford F-350</b> Reg. Cab, 8-Ft. Bed, 4x4, Loaded, Fisher Plow Powerstroke Diesel  <b>\$21,995</b>	<div style="text-align: center;"> <b>SPECIAL THANKS</b> to Winnisquam Village Volunteer Firefighter, Jimmy Binette            </div>	<b>2008 Ford F-350</b> Super Cab, 4x4, Dually, Loaded Powerstroke Diesel  <b>\$16,995</b>	<b>2004 Ford F-250</b> Super Crew, 4-Door, 4x4, Lariat, Leather, Curtis Plow Powerstroke Diesel  <b>\$17,995</b>

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Not responsible for typographical errors.

# Spring School Sports Schedule 2017

## GILFORD HIGH SCHOOL

### Boys Baseball

Date	Time	Opponent	H/A
4/10/17	4:00	Franklin High School	A
4/12/17	4:00	Winnisquam Regional High School	H
4/14/17	4:00	Stevens High School	H
4/17/17	4:00	White Mountains RHS	A
4/19/17	4:00	Belmont	A
4/21/17	4:00	Prospect Mountain High School	H
5/1/17	4:00	Inter-Lakes High School	A
5/3/17	4:00	Berlin	H
5/4/17	4:00	Somersworth	H
5/8/17	4:00	Winnisquam Regional High School	A
5/10/17	4:00	Mascoma Valley High School	A
5/11/17	4:00	Belmont	H
5/15/17	4:00	Fall Mountain High School	A
5/17/17	4:00	White Mountains High School	H
5/18/17	4:00	Franklin High School	H
5/22/17	4:00	Prospect Mountain High School	A

### Girls Softball

Date	Time	Opponent	H/A
4/10/17	4:00	Franklin High School	A
4/12/17	4:00	Winnisquam Regional High School	H
4/17/17	4:00	White Mountains High School	A
4/19/17	4:00	Belmont	A
4/21/17	4:00	Prospect Mountain High School	H
5/1/17	4:00	Inter-Lakes High School	A
5/3/17	4:00	Berlin	H
5/4/17	4:00	Somersworth High School	H
5/8/17	4:00	Winnisquam Regional High School	A
5/10/17	4:00	Mascoma Valley RHS	A
5/11/17	4:00	Belmont	H
5/15/17	4:00	Hanover	H
5/17/17	4:00	White Mountains High School	H
5/22/17	4:00	Prospect Mountain High School	A
5/26/17	4:00	Laconia	A

### Boys Tennis

Date	Time	Opponent	H/A
4/3/17	4:00	Prospect Mountain High School	A
4/5/17	4:00	Moultonborough Academy	H
4/7/17	4:00	White Mountains High School	A
4/10/17	4:00	Littleton	H
4/12/17	4:00	Inter-Lakes High School	A
4/14/17	4:00	Profile School	H
4/17/17	4:00	Bow	H
4/19/17	4:00	Profile School	A
5/1/17	4:00	Moultonborough Academy	A
5/3/17	4:00	Prospect Mountain High School	H
5/8/17	4:00	White Mountains High School	H
5/10/17	4:00	Inter-Lakes High School	H
5/15/17	4:00	Littleton	A
5/17/17	4:00	Berlin	A

### Girls Tennis

Date	Time	Opponent	H/A
4/3/17	4:00	Prospect Mountain High School	H
4/5/17	4:00	Moultonborough Academy	A
4/7/17	4:00	White Mountains High School	H
4/10/17	4:00	Littleton	A
4/12/17	4:00	Inter-Lakes High School	H
4/14/17	4:00	Profile School	A
4/17/17	4:00	Bow High School	A
4/19/17	4:00	Profile School	H
5/1/17	4:00	Moultonborough Academy	H
5/3/17	4:00	Prospect Mountain High School	A
5/8/17	4:00	White Mountains High School	A
5/10/17	4:00	Inter-Lakes High School	A
5/15/17	4:00	Littleton	H
5/17/17	4:00	Berlin	H

### Boys Lacrosse

Date	Time	Opponent	H/A
4/11/17	4:00	Hopkinton Middle/High School	H
4/12/17	4:00	Stevens High School	A
4/14/17	7:00	Coe-Brown Northwood Academy	A
4/18/17	4:00	Milford	A
4/21/17	4:00	Pelham	A
5/1/17	4:30	Belmont	A
5/4/17	4:30	Inter-Lakes High School	A
5/8/17	4:00	Plymouth	H
5/10/17	4:00	Bishop Brady High School	A
5/11/17	4:00	Campbell High School	A
5/15/17	4:00	Lebanon	H
5/17/17	4:00	Kearsarge High School	H
5/23/17	4:00	Trinity High School	A
5/26/17	4:00	Laconia	H

### Girls Lacrosse

Date	Time	Opponent	H/A
4/11/17	4:00	Hopkinton Middle/High School	A
4/14/17	TBA	Coe-Brown Northwood Academy	H
4/18/17	4:00	St. Thomas Aquinas High School	H
4/21/17	4:00	Pelham	A
5/1/17	4:00	Derryfield School	H
5/3/17	4:00	Inter-Lakes High School	H
5/8/17	4:00	Plymouth	A
5/10/17	4:00	Bishop Brady High School	H
5/11/17	4:00	Campbell High School	A
5/15/17	4:00	Lebanon	A
5/17/17	4:00	Kearsarge High School	A
5/19/17	4:00	ConVal Regional High School	H
5/23/17	4:00	Belmont	H
5/25/17	6:00	Laconia	A

### Coed Track

Date	Time	Opponent	H/A
4/4/17	4:00	Inter-Lakes High School	A
4/11/17	4:00	Moultonborough Academy	A
4/15/17	10:00	Pelham	A
4/18/17	4:00	multiple opponents	H
4/22/17	10:00	Merrimack Valley High School	A
4/29/17	10:00	Coe-Brown Northwood Academy	A
5/2/17	4:00	multiple opponents	H
5/6/17	TBA	Belmont	A
5/9/17	4:00	Campbell High School	A
5/13/17	10:00	Belmont	A
5/16/17	4:00	multiple opponents	H
5/20/17	10:00	Belmont	A

### Unified Coed Volleyball

Date	Time	Opponent	H/A
4/10/17	3:30	Inter-Lakes High School	A
4/17/17	4:00	Winnisquam Regional High School	H
5/1/17	4:00	Belmont	H
5/8/17	3:30	Prospect Mountain High School	H
5/15/17	4:00	Laconia	A
5/23/17	4:00	Franklin	A

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# GHS girls' tennis hopes to bounce back

BY BOB MARTIN

bob@salmonpress.news

GILFORD — The Gilford High School girls' tennis team is coming off of a disappointing season last year, placing at the bottom of the division, but coach Hermann Defregger has a good feeling about his squad going into the spring season.

Defregger is in his ninth season coaching the girls' tennis team and has been a soccer coach at the high school since 1992. He said early in his career the girls' tennis team had success by going to the semifinals twice, but now the team is looking to rebuild.

He said there are some young players that have the opportunity to make an immediate impact this season. They hope to improve on a season



BOB MARTIN

Head coach Terry Wilson of the boys' tennis team works with players indoors, including Reagan McIntire of the girls' tennis team. The boys and girls have been practicing together in the preseason.

## GHS track and field gears up for spring

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — Track and field coach Joe Wernig has been coaching in the Lakes Region for more than a decade, with the past five being in Gilford, and he expects big things from what he said is a "huge team" this year.

"I have 22 girls out and 25 guys, which is a ridiculous amount," said Wernig. "Last year we might have had 30 combined if we were lucky."

Wernig's son, Michael, is a junior and is expected to have a top season in the discus. He finished last season with a seventh place finish at the Division 3 State Meet. He is also a distance runner for the Golden Eagles.

Wernig said seniors Anthony Aldridge and Ben Altmire, as well as junior Sandor Gamache will be participating in long jump and triple jump events, and he sees them being valuable to the team.

There will be two sophomore distance runners in Matthew McDonough and Steven MacDonald, and

sophomore sprinter Carter Segalini, all runners that Wernig was excited to see what their seasons hold.

Junior Mac White is a returning javelin thrower, as well, that Wernig made note of.

Janine Powis coaches the girls' team, but Wernig explained they are all essentially one team that trains together. He spoke on behalf of the program.

For the girls' team, senior Marina Baer is coming off a big season last year where she placed second in javelin during the Division 3 State Meet. She also was in the top three at the Meet of Champions and competed in the New England Championship for the second year in a row, Wernig said.

"She is probably one of the best in the state at the javelin," said Wernig, adding that Baer has set several school records.

Alliyah Oswald is a senior and Wernig expects her to be a top javelin thrower after a strong season last year.

Another girl to look out for is junior Kait-

lyn Callahan, who Wernig said is one of the top 10 returning 1,600 meter runners from Division 3. Fellow junior Madison Relf was a qualifier last year in the 3,200 and is expected to succeed, Wernig said. Junior Elizabeth Relf is a distance runner who he sees having a big season, as well.

He added that the relay team consisting of juniors Callahan, Aria Stephan, Carly White, along with sophomore Jennie Jannon, is expected to have a strong season. He said White should have a strong overall season as a distance runner.

Wernig said there are some newcomers who could also do big things for Gilford, including junior Lauren Dean, who will be a sprinter.

Natalie and Brianna Fraser, Laurel Gingrich and Reese Clark are freshmen that Wernig also made note of, saying they are new to the program but are ones who could have success. Gingrich and the Frasers are set to be distance runners, while Clark will be throwing

the discus.

Wernig said the track teams improve each year, saying the girls' had a sixth place finish in Division 3 last year and they should continue their trend of improvement. He also thinks the boys' team will finish strong after a so-so 2016 season, but he said the Belmont boys' track and field team will be the ones to beat.

"Our girls should be very competitive in the Lakes Region and the boys' team should be in the thick of things," said Wernig.

where the girls' tennis team didn't win a match.

"We have to climb out of that cellar, but we have four freshmen girls who I am really excited about and one could even end up being a number one player for us," said Defregger.

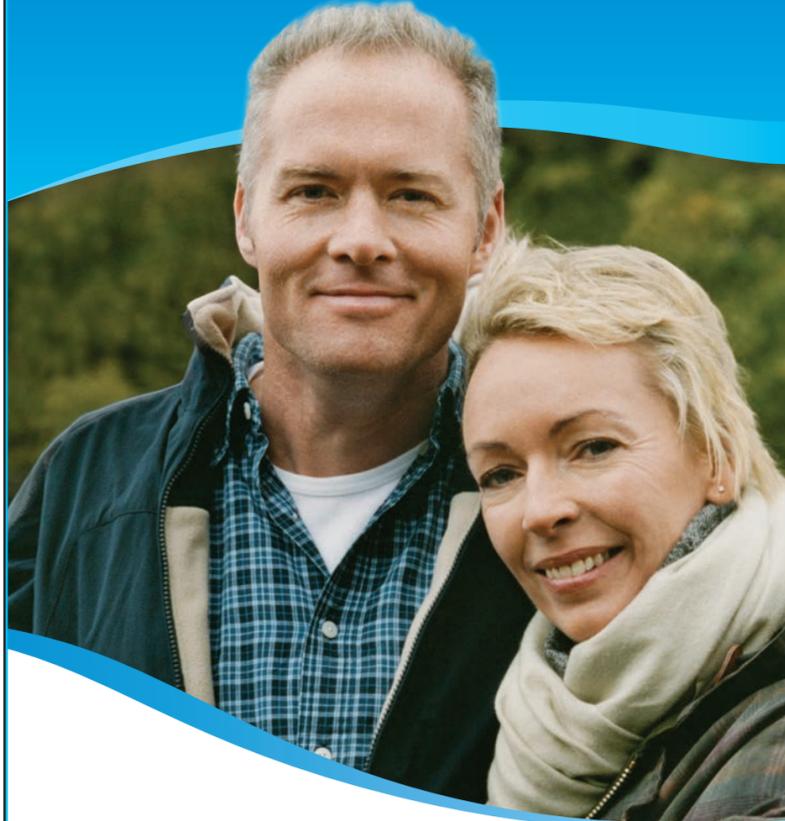
Yzabell Mitchell will provide senior leadership, along junior Sarah Fillion. There are also a couple of promising sophomores in Olivia Selesky and Josey Curley, he said. Freshmen Reagan McIntire, Madison Eastman, Olivia Comeau

and Hannah Lord round out the team.

Defregger said the young players are all eager to learn and many already have a strong skill set, great attitude and athletic ability. He said McIntire comes from a family of tennis players and he expects her to have a strong career.

"We really don't know what will happen until we get to the courts," said Defregger. "The girls really think they are going to be a good team and are willing to go out and work hard."

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# Gilford lacrosse boys looking to improve

BY BOB MARTIN

bob@salmonpress.news

GILFORD — Old Man Winter just didn't want to give up by dumping a nice April Fools snow storm on the Lakes Region, and this has caused local athletic teams to spend the majority of their practice time indoors.

Gilford High School boys' lacrosse coach Mike Robbs said this makes for a difficult start to the season, and said it very well could mean they will be playing on grass for the first time in a game scenario rather than a practice.

"It hasn't made things easy," said Robbs. "Not playing on grass is pretty horrible, but we are doing what we can."

The Golden Eagles are coming off of a 4-10 season and looks to improve. Robbs is happy to have a team with plenty of returning athletes, with eight seniors coming back out of the 23 total players.

"There isn't really just one standout on our team," said Robbs. "We have a lot of talent and I am excited about that."

Robbs said twin brothers Seth and Sander Valpey are the team's senior leaders. He said Logan Essaff is another senior who started for the team as a freshman, and will provide leadership this year along with fellow senior Nate Cobis. Ian McNeil is another senior who Robbs said has improved over the years and will provide a spark. Seniors Joe Bonnell, James Buckley and Andrew Nelson are also expected to make strong contributions this season.

There are also several players who are young and have not played lacrosse in the past. In the early stages of practice, Robbs said that these players are looking good and are learning quickly. He is just hoping that Mother Nature is more cooperative to get them out onto a field to properly learn the game.

Last year was a tough year for the Golden Eagles, but Robbs said he sees the leadership helping them succeed this spring.



Logan Essaff scoops up the ball during a game against Belmont last year.

MIKE ROBBS — COURTESY PHOTO



Brady Clark boxes out two Belmont players during the 2016 season.

MIKE ROBBS — COURTESY PHOTO



Seth Valpey splits two defenders during a game in the 2016 spring season.

MIKE ROBBS — COURTESY PHOTO

Robbs said in the past there were players entering the season who couldn't even real-

ly catch and throw, but this year the level of skill is higher than in the past due players to

practicing and learning in the junior varsity level coming up to varsity.

"Every year we try to win one more game than we did the year before," said Robbs. "That's really what you can do as

a coach and a team. We are really happy with the skill level all the way across the board."

## Community stands with Ryan Goggin

*Hockey tournament raises funds for family of Kingswood graduate*

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — For a rink that was supposed to close the previous week, the Pop Whalen Arena was buzzing with activity on Saturday morning.

Hockey players from around the region and beyond descended on the Wolfeboro rink for a little fun in honor, and as it turned out, in memory of, someone they were all proud to call a friend.

Former Wolfeboro resident Ben Lord organized the first Reinforcements for Ryan 3v3 hockey tournament to support Ryan Goggin and his family. The idea was to raise money for Goggin's family to help pay his medical bills and to raise awareness of Goggin's situation, which had drawn attention from around the United States.

Sadly, the leukemia



JOSHUA SPAULDING

DAVID SYKES (left) of Alton Bay Bandits and Mark Fitzpatrick of Green Mountain for Goggs play in 3v3 action on Saturday.

Goggin had been battling leukemia since he was 15. He claimed his life on the first day of the two-day tournament, but that didn't stop people from remembering him with smiles and laughter as they took to the ice.

The tournament was organized relatively quickly and Lord praised everyone who chipped in to help get things up and running. All told there were 24 teams who registered, with 17 adult teams and seven youth teams. "We just hit the ground and went," Lord said. "Before we opened the doors, we'd already raised \$5,000." Lord noted that donations and team registration fees had helped to raise that money and an anonymous donor made every dollar raised even more important.

he'd match two-for-one up to \$5,000," Lord said. "So if we raised \$5,000, he'd give us \$10,000."

"It's been absolutely amazing," Lord said. "In the first night (Friday), we had about \$1,000 in donations."

The Goggin family announced on Friday that Ryan has passed away, ending his battle with leukemia, but Lord said it was even more important for the tournament to go on.

"Brittney and Shawn (Ryan's siblings) said it couldn't have been a more perfect weekend to honor him," Lord said. "They said it's something he'd want to do and have these people come together."

Ryan Goggin was serving his country when an IED exploded near a tank he was riding in and left him un-

"He called and said

SEE GOGGIN PAGE B5

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GOGGINS

(Continued from Page B4)



JOSHUA SPAULDING

JIM DEARBORN (left) of Friendly Fire pushes the puck away from Rob Davis of the Zambonis in action Saturday.



JOSHUA SPAULDING

BIG DAVE'S and the Rink Rats faced off early on Saturday morning at Pop Whalen Arena.



JOSHUA SPAULDING

THE YOUNGSTERS were the first on the ice on Saturday at the Reinforcements for Ryan hockey tournament.



JOSHUA SPAULDING

JAKE DEARBORN tries to push the puck in the goal for the Kingswood All-Stars against the Plymouth State girls on Saturday.



JOSHUA SPAULDING

NICK POTENZA skates along the side for Hell on Skates against the Wolfeboro Whalers on Saturday.



JOSHUA SPAULDING

KINGSWOOD ALL-STARS and Plymouth State girls faced off on Saturday at Pop Whalen Arena.

able to continue serving in the Army due to a traumatic brain injury. Then, last year he was diagnosed with leukemia, which led to a battle with the Veterans Administration over his care during his illness.

And his story brought not only hockey players to the rink, but brought plenty of donations from many businesses and groups around the area to help support the Goggin family.

Operation Hat Trick and '47 Brand donated 12 dozen hats that were sold at the tournament, with all proceeds benefiting the Goggin family.

Kingswood Regional High School donated more than \$1,000 raised during dress down day. The Wolfeboro Inn donated a portion of its proceeds from dinners sold after the tournament ended.

There were tables full of raffle prizes that were available for attendees to win. Additionally, there was a couple of tables of baked goods for sale, donated by local residents and businesses, with all proceeds going to the Goggin family. The Maine Pond Hockey Classic donated the use of the special pond hockey goals for the

game. The Wolfeboro Parks and Recreation Department donated the use of the rink for the tournament.

And Lord was quick to point out that businesses and organizations were happy to step up and help and he couldn't be more appreciative.

"People have been so awesome," Lord said.

Unlike many tournaments, this tournament didn't have a winner, with teams playing simply for fun and for a good cause. In fact, Lord noted there was no scorekeeper, just a clock that kept track of time.

"What I was hoping to get them to do is to give \$150 to play 3v3 hockey in a two-day tourney," Lord said. "No one's keeping score out there."

He also praised the work of Karen Desaulniers Moore, who helped to organize all the details to make the event go.

"Karen has been amazing," Lord said. "I'm not a details guy. She organized all the volunteers and got all the people together."

He also noted that he was happy to see so many of Ryan's friends out playing hockey in his honor.

"He was a guy you knew from around town, he was a good dude," Lord said of his former lifeguarding partner with the Wolfeboro Parks and Recreation Department. "I needed to do something for him."

The registration fees and all other money raised went to Goggin's family and Lord said that if someone was unable to make it to the tournament, they could send a donation to Wolfeboro Parks and Recreation, noting it was for the Reinforcements for Ryan tournament.

And with the success of the tournament Lord is hopeful that with a little more lead time next year, the tournament can return even better.

That being said, he was thrilled with how things went, particularly given how quickly the tournament was put together and the fact that Mother Nature delivered a major snowstorm the two days of the tournament. A couple of teams were unable to make the games on Saturday morning and a few players also could not play it, but players from other teams filled in all around the schedule, allowing



JOSHUA SPAULDING

YOUTH HOCKEY players hit the ice early on Saturday for the Reinforcements for Ryan tournament.

the games to go on as planned.

Teams included the Wolfepack, Mighty Wolves, Back Bay Bulldogs, Predators, Predators 2, Ryan's Marauders, Kingswood All-Stars, New England

Wolves, Alton Bay Bandits, Big Dave's, Wild Women, Moore or Less, Rink Rats, Plymouth State girls' hockey, Wolfeboro Whalers, Headwall, She-Wolves Jr., Green Mountain for Goggs, Friendly

Fire, Zambonis, Tremendous Misfits, Team Moxie, Towle Pallet and Hell on Skates.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

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A charming cottage on a large 6 acre lot close to Lake Winnisquam. 2 bedrooms, 1 full bath and a laundry. Wooded lot with stone walls and a cemetery. Great little 3 season retreat.

Elen Mulligan 603-387-0369



**Alexandria, \$79,900 #4624380**  
2.2 acre lot for this camp to use as is or build something new. Close to trails, skiing and lakes. Electricity on site and new septic system in place.

Dave Malone 603-455-1358



**Moultonboro, \$55,000 #4624062**  
.75 acre building lot in Suissevale Association with deeded beach rights to Lake Winnisquam. Walking distance to marina, close to snowmobile trails and large tract of common land.

Bruno Coppola 603-244-9544



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**Gilmanton, \$49,900 #4621611**  
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Elen Mulligan 603-387-0369

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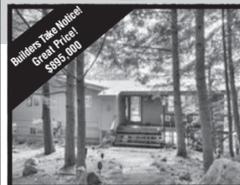
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**Laconia:** Three bedroom, 3 bath home on 3+ acres with a garage and barn. This beautifully and well-constructed farmhouse is impressive from top to bottom. Spacious rooms, wood-stove, elegant, formal dining room with hardwood floors, massive living room with hardwood floors and a fireplace. Second floor features a master bedroom suite with a walk-in shower, jetted tub and sauna, as well as two additional bedrooms. Outside you can enjoy the over-sized built in pool with offers a cabana with shower. The enormous barn provides two workshops, wood storage area and parking space.  
**\$299,999 MLS# 4623644**



**Boscawen:** Lovely New Englander in a great location! This home has been updated and features 3 bedrooms, 2 baths, a formal dining room, hardwood floors, a wraparound porch, an attached barn on a level lot abutting conservation land. Natural gas heat and hot water with city water and sewer.  
**\$199,000 MLS# 4619782**



**Meredith:** Adorable cottage on Lake Winnisaukee with 101' of shorefront. The home has been extensively renovated. Property includes a separate guest cottage, sandy beach, and docking which includes a 50'x8' dock with 34' covered area and power lift. Plenty of privacy and is located in a great neighborhood near Lakes Region amenities. **\$975,000 MLS# 4624311**

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**EXCEPTIONAL** Winnepesaukee property in Wolfeboro on 200' shoreline, southwestern exposure, walk-in sandy beach, covered boat slip, over-water decking, protected water, views, sun! Open floor plan, FP, master suite.  
**\$1,600,000**(4483655) Call **569-3128**



**CHARMING** Lake Winnepesaukee waterfront Colonial in Wolfeboro privately sited on a beautifully landscaped lot walking distance to downtown, southern views, lagoon inlet, large dry boathouse, crib dock & multiple garages.  
**\$1,545,000**(4620277) Call **569-3128**



**CLASSIC** year round 4-BR Winnepesaukee Lake House w/2 detached garages & 220' of waterfront in Alton. Enjoy lake & mountain views from the wrap-around porch. Crib dock & a sandy beach area. Full walkout foundation.  
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**GREAT** Meredith location-like waterfront without the taxes! "The Porch" is close to downtown and shopping with views of Meredith Bay and a 50 ft. deeded dock.  
**\$829,000**(4623562) Call **253-9360**

Thank you to our islanders for another successful season! We are here year round, so please contact us at 603-569-3972, or stop by one of our three offices.

### Featured PROPERTIES



**ALTON** // CUSTOM POST & BEAM WATERFRONT w/ stone fireplace, gourmet kitchen, wet bar, fully finished walk out basement, fabulous master suite, 2 large decks & awesome 4 season porch.  
**\$575,000**(4600275) Call **875-3128**



**ASHLAND** // 3BR, 2BA New Englander. Large rooms, HW floors, natural woodwork, enclosed porch, close to town. Formal dining room, living room, 1st floor laundry, office/4th BR.  
**\$159,000**(4622920) Call **253-9360**



**BARNSTEAD** // Fabulous views and sunsets too overlooking Suncook Lake. Immaculate home with 3.7 acres and 224' of water frontage. Very spacious rooms and all the extras included.  
**\$421,800**(4623386) Call **875-3128**



**ALTON** // Welcome home to a most unusual property. Spacious and bright, 3+ levels of open concept living, stone fireplace with cathedral ceiling. Outside waterfall and a fire pit for entertaining.  
**\$334,900**(4515442) Call **875-3128**



**BELMONT** // Well maintained, spacious, brightly lit 3 bedroom, 2 1/2 bath contemporary styled colonial home, with a 2 car garage on over an acre of land on a corner lot.  
**\$265,000**(4623218) Call **253-9360**



**FARMINGTON** // Impeccable 3 bedroom, 1-1/2 bath brick center entrance gambrel with lots of charm! Beautiful landscaping. This recently updated home shows pride of ownership throughout this property!  
**\$199,900**(4623479) Call **253-9360**



**ALTON** // Chestnut Cove Road Ranch on a 1.77-acre wooded lot with a detached garage. New bamboo floor & plastered walls in living room / dining area. New kitchen cabinets & appliances.  
**\$150,000**(4508730) Call **875-3128**

### LAND and ACREAGE

**ALTON** // 3+ Acre Corner Lot, located at the High Traffic Alton Circle/NH Recreation Crossroads to the Lakes Region. Ideal location for retail, service, institutional or residential building.  
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**ALTON** // This 15 acre lot has 2,850' of state and town road frontage with subdivision potential. Farm property close to Wolfeboro & Roberts Cove.  
**\$235,000**(4405724) Call **875-3128**

**MOULTONBOROUGH** // Level wooded lot located in the quaint village district in commercial zone "A". Driveway permit with installed culvert. Agent interest.  
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**MOULTONBOROUGH** // VIEWS, streams, stone walls! All on peaceful 14 acres in the low tax town of Moultonborough. Land is in Current Use. Broker has interest in the property.  
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The Director shall have extensive experience in planning and supervising operations and maintenance functions including mechanical systems, exterior operations, compliance with all regulations and codes, custodial operations, and energy management. In addition the successful candidate shall demonstrate experience in creating, implementing, and maintaining a rotating capital improvement plan, a facilities plan, crafting bid specifications, and an annual district- wide maintenance budget.

The Director must possess effective presentation, and oral and written communication skills. He/she is expected to represent the District for building projects and must make presentations to the school board at public meetings.

Proficiency in computer skills including Excel, Word, Google Apps, and be able to access and maintain mechanical operational controls from home and work.

In order to accomplish these tasks, the Director of Buildings and Grounds must work closely with the school staff and with the building and central office administrators. He/she must demonstrate strong leadership and team development skills. The Director is a member of the School Board Facilities committee. Must be flexible with hours and days worked according to the immediate facilities needs.

**All applicants must apply on [Schoolspring.com](http://Schoolspring.com)  
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For further information, contact:  
Roxanne Hartlen, Adm. Assistant to the Superintendent of Schools  
White Mountains Regional School District  
SAU #36  
14 King Square  
Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
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**TENNIS**

(Continued from Page B1)

features 11 returning players out of the 19 total players, and Wilson said the Golden Eagles are fortunate to have four of the team's top six players coming back. This includes senior co-captains Connor Craigie and Grant Workman, as well as juniors Christian Workman and Tyler Hanf.

Wilson said the beginning of the season has been a challenge as they have had to practice inside the gym, but he acknowledged that this is something the whole division is dealing with due to the snow.

"I keep telling my boys, we're all in the same boat," said Wil-

son. "Nobody is out on courts under 80 degrees and sunshine. So we've been working hard in the gym, running stairs in the hallways and in the classrooms going over rules and strategies."

Wilson is hesitant to talk about the past, and he said he never talks about it in front of his players. But it is important to note that Gilford has been the most successful team in Division III for the better part of a decade. Gilford has been undefeated for the last four years and have won four straight titles. They have won six of the last seven Division 3 championships. In 2012 they

lost in the semifinals.

Last year they beat Inter-Lakes High School in the finals, and Wilson sees them as another contender this coming season. He also expects Bow, Prospect Mountain and Moultonborough to have great teams this season.

"I always tell my kids that every season is different," said Wilson. "We lost two of our top six to graduation. Secondly, when you are the defending champion everyone is trying to knock you off. You can't take anybody lightly because they'll be out to get us."

Wilson said at any level of sports it is dif-

icult to repeat a championship, but he said if the team works hard he is confident they will be successful.

"I want them to be confident because they have been playing well lately, but I don't want them cocky because cocky teams end up losing," said Wilson.

The success of the Golden Eagles is impossible to ignore, but Wilson and his players turn their heads away from the hype and instead look ahead toward the upcoming season.

"Those are past teams," said Wilson. "This is their team and I want them to work hard for this year."

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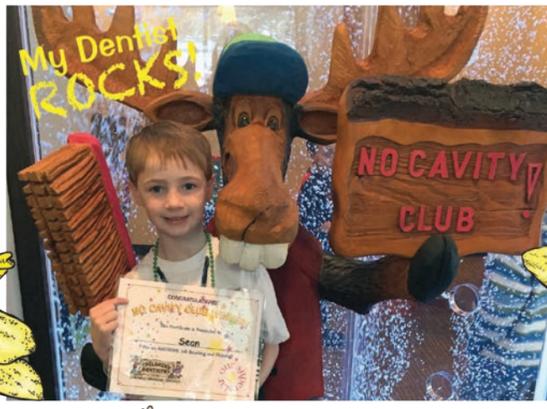
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