

# Winnisquam Class of 2019 reflects on achievements

BY DONNA RHODES  
drrhodes@salmonpress.news

TILTON – “Do what you love and be confident... I hope you follow your pursuit of happiness and find success, because you deserve it,” said Julia Connolly, president of Winnisquam Regional High School’s Class of 2019, as she welcomed her classmates to their graduation ceremonies last Friday night.

This year, 97 young men and women sat before a packed gymnasium for the final time, listening to words of advice and encouragement from peers, teachers and administrators. They were also lauded for being great role models to younger stu-



DONNA RHODES  
(Left) The smiles were bright as Winnisquam Regional High School’s Class of 2019 entered the gym last Friday evening for their much anticipated graduation ceremonies.

dents, thanked for their community service, and congratulated on the many athletic and musical awards and trophies they won over the past four years.

Salutatorian Gabriela Castrillon praised them, too, for having strength and determination when realizing what it is they want to achieve and working hard to succeed.

“When we want something, we get it. We go after it and don’t stop un-

SEE WRHS, PAGE A11

## Early deadlines for the 4th

With Independence Day falling on a Thursday this year, that week’s edition of the Winnisquam Echo will be arriving on local newsstands and in subscribers’ mail boxes a day earlier than usual, on Wednesday, July 3.

In order to accommodate our accelerated press deadline that week, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication on the 3rd is being moved up from the usual Monday afternoon to Friday, June 28 at 4 p.m. As always, submissions may be dropped off in person at our offices, located at 5 Water St. in Meredith, or e-mailed to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).

Please note that any submissions received after 4 p.m. on the 28th will be held for publication on July 11.

For information on the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or [beth@salmonpress.news](mailto:beth@salmonpress.news).

The staff of the Winnisquam Echo thanks our readers for their cooperation with these changes in our normal schedule and wishes the community a safe and happy Fourth of July.

## Sununu speaks to Rotary

BY DONNA RHODES  
drrhodes@salmonpress.news

TILTON – The Tilton-Northfield Rotary was pleased to welcome Gov. Chris Sununu to their weekly luncheon meeting at Lochmere Country Club on June 11, where he had the opportunity to learn about their ongoing community projects that assist seniors, children, including those facing serious illness and provide scholarship money for local graduates.

Rotary President Chuck Drew began the meeting with a review on the upcoming projects for this summer. He said that this year’s fundraising goal for the organization is \$15,000 and there are many ways members can help



DONNA RHODES  
Gov. Chris Sununu paid a visit to the Tilton-Northfield Rotary last week to hear about the work they do in the community and tell them a bit of what he has been doing as well.

achieve that goal.

“We just ask that you do whatever you can do. At the end of the day we want you to all have fun

SEE SUNUNU, PAGE A11

## BHS graduates encouraged to stay connected

BY DONNA RHODES  
drrhodes@salmonpress.news

GILFORD – Belmont High School held their graduation ceremonies once again at the Bank of New Hampshire Pavilion in Gilford last Sunday afternoon, where the Keynote Address of English teacher Brian McNabb focused on connections.

He told the class that he teaches English with the bigger goal that can help people connect with others in life. McNabb reminded the Class of 2019 that while technology has its place in the lives of people today, it doesn’t need to replace human interactions.

“Connecting with



DONNA RHODES  
Hats filled the air at the Bank of New Hampshire Pavilion in Gilford last Sunday afternoon when Belmont High School Principal David Williams declared that the Class of 2019 had officially graduated.

## Investigation continues into fatal shooting

BY DONNA RHODES  
drrhodes@salmonpress.news

BELMONT – During the late evening hours of Saturday, June 15, an adult male, later identified as 45-year-old Michael Sheehan of Northfield, died from gunshot wounds during an incident that occurred in the Town of Belmont. It was determined to be an officer-involved shooting; therefore, the State Attorney General’s office is now leading the investigation in conjunction with the State Police Major Crimes Unit.

In a joint press release, Deputy Attorney General Jane E. Young and New Hampshire State Police Col. Christopher Wagner reported that at approximately

11:40 p.m. on Saturday, they received a report of an officer-involved shooting in Belmont, which occurred when they were called to a residence on the rural end of South Road. The nature of that call was not disclosed.  
SEE SHOOTING, PAGE A10

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Photos by Donna Rhodes



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**EDITOR**  
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(603) 677-9081  
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# Opinion

A4 Thursday, June 20, 2019

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### *On failure, recovery and a chance to live again*

BY LARRY SCOTT

"The Making of a Model," the now completed manuscript on which I have been working for the past two years, is on hold. My editor has suggested that before I tell others how to become living models of the Master, I need to chronicle my own journey of faith. And, I will admit, it is quite some story.

I accept her judgment, but with serious misgivings. I have a story to tell but it is difficult to imagine anyone is interested in my struggles – except that my story is your story. The memoir I am about to launch, "The Making of a Model: On Failure, Recovery, and a Chance to Live Again," is not just about me. It is your story as well.

Divorce in 1984 devastated my future. It would have helped my perspective if I could have blamed the wife for the break. But I was responsible, and I could not sugar-coat the events that left me destroyed and without hope. There was no third party, no hint of abuse, and no involvement with drugs or alcohol. The marriage simply died, and for the next twenty years, I would search for a means to restructure my life.

At the 12-year mark of my life as a single has-been, I had an epiphany, a divine encounter with God. Half-way across the state of Texas, my sleeper became a sanctuary. With my life in shambles, defrocked by my Church, my future destroyed, I cried out to God for help.

With the cruise control set at 65 mph, I was headed east, half-way across the state of Texas. Hardly able to see the road for the tears streaming down my face, I suddenly shouted, "GOD! WHAT DO YOU WANT ME TO DO?" And although I am not given to mystic experiences, a thought passed through my mind that had all the earmarks of a divine encounter. "All I want from you is the gift of a holy life." And then... silence.

There have been opportunities to abandon the journey or to digress, but since that day I have been in a rebuilding mode. Sometimes under great stress, I have stayed the course. There were times when it seemed God had gone AWOL. But He was always there, hovering in the background, carefully monitoring my progress.

I will tell my story, warts and all. I am evidence of a fundamental truth, first penned by King David of Israel. "Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me; thy rod and thy staff they comfort me."

And that is what "The Making of a Model: On Failure, Recovery and a Chance to Live Again" is all about. The journey has been tough; I have not always weathered the storms well. But God has been good to me, and from the smoldering ruin of my life, I have recycled and found the strength to live again. It is an honor to represent, as best I can, the Perfect Model, the One Who has given me a new lease on life!

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

## Send your letters!

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COURTESY

### Football fashion statement

On Monday, May 20, veterans from the NH Veterans Home joined Tilton Senior Center participants for lunch and musical entertainment. And thanks to a generous donation from Belmont Shaw's, everyone went home with a New England Patriots Champions cap! Here is Bernie Chapman, TSC participant, in his new cap.

## LETTERS TO THE EDITOR

### Old Home Day returns July 20

To the Editor:

Sanbornton's Old Home Day will be on Saturday, July 20, starting with Sanbornton Historical Society's tasty pancake breakfast from 8 – 10:30 a.m. at Lane Tavern. Much will unfold as in past years, but with some changes. Brad Crosby's cribbage tournament at the Fire Station will start at 9 a.m. and end with prizes. We'll again see Wildlife Encounters, a favorite of all ages. Bands, yes! Parade route is slightly different. Conservation Commission completed a path between the school parking lot and library field, making the trip from parking lot to the festivities easier. We'll again have the donated services of Sant Bani School's bus and First Student, Tilton's, bus – but people parking at the school can walk directly on the new path into the field.

This year's co-chairs are Justin Barriault and Terry Rasp. Grita Olmstead and I, past co-chairs, will still have work to do – first putting up save-the-date banners. Grita will be at the Information booth with programs and T-Shirt sales. I'm rounding up cakes for the ice cream and cake in Old Town Hall. With this letter I'm asking for cakes, please – if I haven't reached you, and you'd like to bake your favorite cake, we would appreciate it. Cakes need to be at Old Town Hall at 9 a.m. that Saturday. Sheryl Anderson will again frosting-letter them with "Celebrate Sanbornton." Call me at 934-6486 to donate a cake, and thank you for supporting Old Home Day.

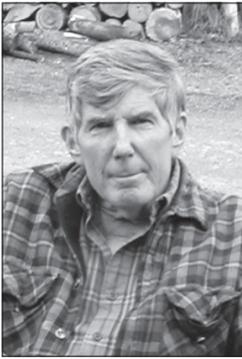
Thank you.

Sincerely,

Lynn Chong  
Sanbornton

## NORTH COUNTRY NOTEBOOK

### *In the crosshairs, all right, but no torpedoes to shoot*



By JOHN HARRIGAN  
COLUMNIST

"I'm pretty weak on my birds," longtime friend Bunny (Earl) Bunnell said to me one day back in the late 1960s, and then proceeded to educate himself on all things avian. In his later life he became one of the go-to guys for any questions I might have on birds of northern New England.

I've decided to make snakes my late-life educational cause, because (a) most people have an instinctive aversion to them, and as a result (b) know very little about them.

For instance, did you know that we have this multi-colored snake that can milk a cow and then form itself into a tail-



COURTESY

A black racer snake, exploring its territory somewhere in New Hampshire. High on its diet are mice, which spread Lyme and other diseases. (Fish & Game photo by Brendan Clifford)

to-mouth hoop to make a speed-rolling escape? (No? That's because we don't.) What we do have is a milk snake that's just multi-colored enough to look like a coral snake with enough venom to kill King Kong (yes, a very pretty snake, but nope--no venom).

+++++

Much of New Hampshire's written history is what the experts call anecdotal history, basically meaning "It makes a good story, but..." This

works well if a peer-reviewed paper is about, say, ice-out, because almost all big bodies of water have official ice-out dates going to way back when. But then there are the anecdotal stories: "Old Pete's horse took him to the absolute worst house anyone should find him in."

Much of this anecdotal history is in diaries and journals. Devastating fires have done much damage to more traditional sources over

the years (the original Coös County records, kept in the county seat of Lancaster ever since first European contact, exploration, and settlement, went up in flames in 1886; Fish and Game's headquarters in Concord, ditto, 1984), so there is a paucity of original material. As a result, historians have had to base their work on often inferior resources.

When the Europeans got here and got serious SEE NOTEBOOK, PAGE A10

# Navy diver with local ties retires after 30 years of service

BY MC3(SW) TRISTAN B. LOTZ  
THE DOLPHIN

GROTON, Conn. — Master Chief Navy Diver Louis Deflice concluded his three-decade long career with the U.S. Navy in a jovial ceremony with his fellow divers onboard Naval Submarine Base (SUBASE) New London, May 17.

A New Hampshire native, Deflice has loved diving since childhood and joined the Navy at the tail-end of the Cold War as a hardhat diver, eventually rising through the ranks to conclude his service as Naval Submarine School's (SUBSCOL) Command Master Diver.

"I started diving around 13 years old in a lake in New Hampshire," said Deflice the day before his official retirement ceremony. "I always wanted to be



TRISTAN B. LOTZ  
Capt. Bill Schultz presents Master Chief Navy Diver Louis Deflice the Meritorious Service Medal during Deflice's retirement ceremony in the Chapel on the Thames onboard Naval Submarine Base (SUBASE) New London, May 17. Deflice retired after 30 years of service, his final duty being Command Master Diver at Naval Submarine School onboard SUBASE.

a hardhat diver, but I looked at the training and it was way too expensive, but the Navy would pay me to go through the training. I could have left a long time ago and made way more money on the outside as a civilian. SEE DIVER, PAGE A10

## Celebrate Tilton at anniversary street party

TILTON — Join us in celebrating The Town of Tilton's 150th birthday! On June 22, we will be closing down Main Street in Tilton and having a street fair from 9 a.m. to 4 p.m., then a street dance from 6 to 9 p.m.

Hear about Tilton history from our very own veterans, joining us from the Veterans Home. They will tell you how they got the land for the Veterans home from Charles Tilton and show you the deed! The Laconia Indian Historical Association will be hosting a Pow Wow on the island. Learn about some of our first inhabitants of the area.

There is plenty to do down Main Street. There will be crafters, vendors and of course food. We will be having an antique car show. Tilton Parks and Recreation will be having Wildlife Encounters in the Riverfront park from 11 a.m.-noon. From 9-11 a.m., Re/Max Bayside is sponsoring hot air balloon rides (weather permitting)

Music for the day will be provided by DJ J-Force Productions and pianist Zach Defosses.

If you stop down to Kettlehead Brewery, you can buy the limited edition Tilton Celebrates 150th beer.

You can also support our local food pantries by donating at the Kiss the Pig booth. Select board chair Jon Scanlon and Police Chief Cormier will compete to see who raises the most money. The loser gets to kiss the piggy!

In the evening Eon Granite, a local southern classic rock band will fill the streets for dancing from 6-9pm. Bring a chair and enjoy the evening with your neighbors.

If you are a vendor interested in participating, please email us at TiltonCelebrates150@gmail.com.

## HALL MEMORIAL LIBRARY

### Tilton/Northfield

**Monday, June 24**  
Chess Club 3-5 p.m.

Summer Reading Program Preview - Visit us this afternoon for a preview of our Summer Reading Program, A Universe of Stories. For all ages, treats for our puppy patrons, and snacks while they last through the afternoon and evening. Stop in to share a treat, tell us your summer plans, and earn a raffle ticket for a treat bag. Winner will be announced on our kick-off date, July 10th.

### Tuesday, June 25

Spanish Club, 10 a.m.  
Noon Book Group, noon - "The Road From Coorain" by Jill Ker Conway - In a memoir that pierces and delights us, Jill Ker Conway tells the story of her astonishing journey into adulthood—a journey that would ultimately span immense distances and encompass worlds, ideas, and ways of life that seem a century apart. Worlds away from Coorain, in America, Jill Conway became a historian and the first woman president of Smith College. Her story of Coorain and

the road from Coorain startles by its passion and evocative power, by its understanding of the ways in which a total, deep-rooted commitment to place—or to a dream—can at once liberate and imprison. It is a story of childhood as both Eden and anguish, and of growing up as a journey toward the difficult life of the free. (Amazon)

Tech Tuesday, 2-4 p.m.

**Wednesday, June 26**  
Story Time, 10:30 a.m.

### Thursday, June 27

YaH Book Group, 4 p.m. - "True Grit" by Charles Portis - "True Grit" is his most famous novel—first published in 1968, and the basis for the movie of the same name starring John Wayne. It tells the story of Mattie Ross, who is just fourteen years of age when a coward going by the name of Tom Chaney shoots her father down in Fort Smith, Arkansas, and robs him of his life, his horse, and \$150 in cash money. Mattie leaves home to avenge her father's blood. With the one-eyed Rooster Cogburn, the meanest available U.S. Marshal, by her side, Mattie pursues the homicide into Indian Territory. True Grit is eccentric,

cool, straight, and unflinching, like Mattie herself. From a writer of true cult status, this is an American classic through and through. (Amazon)

Forensics Talk: Fingerprints Science, 6 p.m.

We'll serve light refreshments and welcome Morris Boudreau as he draws on his twenty-nine years experience as a forensic scientist for the New Hampshire State Forensics Laboratory. He will discuss the science of fingerprinting and give you the chance to try your hand at dusting for prints. Meanwhile, for kids of all ages, we'll have activities set up downstairs. Fingerprint activities, thumbprint cookies, and more!

**Friday, June 21**  
Sit and Knit, 3-5 p.m.

### New Items

"My Life as a Rat" by Joyce Carol Oates  
"City of Girls" by Elizabeth Gilbert  
"Agent of Influence: How to Use Spy Skills to Persuade Anyone, Sell Anything, and Build a Successful Business" by Jason Hanson  
"The Summer Guests" by Mary Alice Monroe  
"Treasure Hunters: All American Adventure" by James Patterston and Chris Grabenstein

## Studios at Crescent Pond – An Artist's Lecture at Taylor Community

LACONIA — Fine art emerges from the union of talent and inspiration. For more than a quarter of century, Sandy Sherman and Richard Whitney, two of America's most gifted classical realism artists, have found a boundless source of inspiration in the seclusion of Crescent Pond, surrounded by the natural beauty of thousands of acres of forest land and its many creatures.

Whitney, recognized as one of America's top 12 portrait artists, is equally talented as a landscape artist, mentor and author. Sherman is an award-winning still life and landscape artist. Lauded for her masterful use of light and color, she is well known for her whimsical "Grotoon" paintings. Join us Wednesday, June 19 at 6:30 p.m. in

Taylor Community's Woodside Building for this free, public lecture, which is sure to inspire the artist in you.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

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## PET OF THE WEEK

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Jett came to us in our most recent southern cat transport. Being the oldest in the group, he is very mellow and doesn't seek too much attention. He enjoys the occasional head and chin rub, and would enjoy a nice comfy lap to sit on. We have done some work on his teeth since he has been here, so he prefers to eat a wet food only diet. Come meet Jett!



Jett is Pet of the Week!



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## Summer at the Library kicks off in Sanbornton

SANBORNTON — There are a “Universe of Stories” at the Sanbornton Public Library this summer. Readers of all ages are invited our summer reading program with a host of fun events and an engaging reading incentive program to encourage the fun of reading!

This summer’s programs will take you into space as we honor the 50th anniversary of the lunar landing. ScienceTellers will start the summer off with interactive science storytelling about ALIENS on Wednesday, June 26 at 10 a.m. Programs will continue on Wednesday mornings for kids 4-10 with activities such as training to be an astronaut and make your own recycled droid. Families with children birth through 6 are invited to Friday story time at 10 a.m. for stories and crafts. Teens and tweens ages nine to 15 will have the “Figure it Out” club on Thursday evenings from July 11 through Aug. 1 with events such as designing your own stop motion video and making bottle rockets.

Children ages birth through 15 are invited to join in our reading incentive program where they can earn prizes for reading and being read to. This year you can also read outside with our story walk in the field. Come by for a guided tour on Saturday, July 13th at 10 a.m. Other special events include “Making Space for Pollinators” a show all about bees, bats and butterflies with t-shirt decorating project on Wednesday, Aug. 7 at 10 a.m., and the Teddy Bear Sleepover on Thursday, Aug. 22 at 6:30 p.m. For more information stop by the library at 27 Meetinghouse Hill Rd., call 286-8288 or visit splnh.com. All programs are free and open to the public. We look forward to seeing you this summer!



In what’s become an annual tradition, Gilford High School students delivered their latest batch of ceremonial flag cases to residents of the New Hampshire Veterans Home on Friday, June 14, an event made more special this year by occurring on Flag Day, birthday of the American Flag.

COURTESY

## Gilford students bring flag cases to Veterans Home

TILTON — In what’s become an annual tradition, Gilford High School students delivered their latest batch of ceremonial flag cases to residents of the New Hampshire Veterans Home on Friday, June 14, an event made more special this year by occurring on Flag Day, birthday of the American Flag.

The students brought

65 of the triangular wood cases, which are used to contain the ceremonially folded American Flag after it has been used to drape a veteran’s casket at their funeral. The cases are the product of a yearlong joint community service project, where GHS business teacher Steve O’Riordan’s classes raise money for materials and technology and

engineering teacher Dan Caron’s students build the cases, with a little adult help. Over the course of a year, NHVH residents sand and stain the cases during activity periods. The Home provides them free of charge to the families of deceased residents.

The school first stepped up in 2015 after O’Riordan heard that the

Home had lost its previous supplier of the cases.

The Home’s thanks were offered by Commandant Margaret “Peggy” LaBrecque and Bill Bertholdt, president of the Resident Council, during the event commemorating official adoption of the flag by the Second Continental Congress in 1777.

## Take “The Road to Mt. Rushmore” at Taylor Community

LACONIA — “The Making of Mount Rushmore (IV).” The planning and construction of Mount Rushmore took nearly two decades. In this episode, meet the minds and sculptors behind one of America’s most iconic landmarks.

“Mount Rushmore National Memorial (VII).” A beautiful national park surrounds this landmark. Explore the landscape, the caves and the vantages of Mount Rushmore National Memorial.

These two films will be shown Wednesday, June 26 beginning at 2 p.m. in Taylor Community’s Woodside Theater. Free and open to the public.

Follow us on Facebook, visit [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 366-1400 for more information about Taylor Community, the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

## Lakes Region women named Volunteers of Excellence by Girl Scouts

REGION — Ashley Gunn of Bristol, Christine Mingolia of Northfield, and Colleen Westerling of Plymouth were recently recognized for her service to Girl Scouts of the Green and White Mountains by being named Volunteers of Excellence.

The award recognizes volunteers who have performed beyond the expectation of their position and have supported the council’s mission delivery goals. Girl Scouts of the Green and White Mountains is the council which serves New Hampshire and Vermont.

Gunn is a dedicated Girl Scout troop leader for both a Daisy/Brownie and a Junior troop. When she became a leader four years ago, she embraced the Girl Scouts and endeavored to learn all she could. Gunn’s positive attitude and creativity have been a good influence as the girls work on their Girl Scout Journeys. She is a go-getter, and embodies what a leader should be. She is an asset to her troop and community.

Mingolia is an asset to both her Girl Scout troop and service unit. She provides organizational support for Troop 10364 by helping to ensure the volunteers are ready for all meetings and trips. She

maintains the current troop Facebook page to help keep parents informed of current and upcoming events, and has taken on the role of cookie manager for her troop. In this role, she handles all cookie orders for 30 members, as well as the cookie booths and cookie finances. Troop 10364 runs multiple cookie booths on a typical day during cookie season. She provides a kit for other registered adults to run additional booths simultaneously.

Mingolia is the troop cheerleader, and enthusiastically encourages the girls to help reach their goals. She works with the girls to help them make the most of their sales, and encourages them in their ability to engage customers.

In addition to the support that Mingolia provides Troop 10364, she has begun organizing service unit meetings through the service unit Facebook page.

Westerling has been a very active member of the Pemi-Baker Service Unit for many years. She is a valued and appreciated member of the community, having been voted the Volunteer of the Year for her community last year.

As a girl, Westerling enjoyed Girl Scouting, and involved for many years in both California and Tilton, before moving to Plymouth. After being away from Girl Scouts for a few years, Westerling returned, leading two troops, enrolling in Basic Outdoor Living Skills and boating classes so that she could ensure her girls could experience outdoor adventures, as well as being a Camp Whispering Pines lifeguard.

The girls in her troops love Girl Scouting, which can be seen year after year when the girls continue to return. She always steps up to fill community needs, like

getting certified in life-guarding despite being twice the age of most lifeguards in the class so that the camporee could have a lifeguard, or for camporee, cookies, or Thinking Day. She is an invaluable member of the community.

“I cannot thank you enough for everything you do and everything you have given in service to our girls,” said Patricia K. Mellor, CEO of Girl Scouts of the Green and White Mountains. “Being a volunteer means giving one’s time, effort, and heart. Whether it’s through leading a troop, training to take girls outdoors, providing a ride, chaperoning a trip, helping to get cookies where they need to go, serving on our Board of Directors, or any of the myriad duties a volunteer takes on, you provide outstanding service and support to our council and our Girl Scouts.”

## Area residents named to Dean’s List at University of New England

BIDDEFORD, Maine — The following students have been named to the Dean’s List for the 2019 spring semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

### Belmont

Nikolai Fernandez  
Colin Shaw

### Tilton

Sierra Pepper

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# Winnepesaukee Scenic Railroad, M/S Mount Washington offering special Lake Tour

LINCOLN — Owners of the Winnepesaukee Scenic Railroad and the M/S Mount Washington Cruise Ship announced today that the popular

Rail & Sail program is returning for 2019. Referred to by many as “the ultimate tour of Lake Winnepesaukee”, the 6-hour tour includes

a two-hour train ride aboard the Winnepesaukee Scenic Railroad along with a two-and-a-half-hour scenic cruise aboard the M/S Mount

Washington Cruise Boat — plus time to enjoy the shops, arcades and attractions at Weirs Beach.

Starting Friday, June 21 and available daily through Sunday, Aug. 25, those interested in experiencing the 6-hour Rail & Sail excursion can purchase this option at the Winnepesaukee Scenic Railroad's Meredith Train Station located at 154 Main St. in Meredith — reservations are not required. The price of this popular excursion is \$44.95 for adults and \$34.95 for children five to 12 years of age, while ages four and younger ride for free.

“We’re pleased to be able to continue to offer this exciting package to our guests,” stated Benjamin Clark, Vice President of the Hobo & Winnepesaukee Scenic Railroad. “Both the Railroad and the M/S Mount Washington Cruise Ship have been fixtures in the Lakes Region for

well over a century. The Rail & Sail combination ticket is like taking a step back in time and harkens back to a period when tourism was just beginning in New Hampshire.”

Departing Meredith Station at 10:30 a.m. each day, Rail & Sail passengers will enjoy a relaxing train ride aboard restored vintage coaches along the western shore of Lake Winnepesaukee from Meredith through Weirs Beach and continuing on to Lakeport. After pausing briefly in Lakeport, the train reverses direction and travels back along the western shore of Pausus Bay to Weirs Beach where the train will arrive at approximately noon.

Rail & Sail passengers will then depart the train at Weirs Beach, walk down the boarding ramp where they will be greeted by the M/S Mount Washington's staff and

prepare for a 12:30 p.m. departure aboard the M/S Mt. Washington Cruise Ship. With a variety of Ports of Call depending on which day of the week your adventure is to be enjoyed, the M/S Mount Washington will travel to either Diamond Island, Glendale, Wolfeboro or West Alton and pass by Governor's Island or Rattlesnake Island along the way, returning to Weirs Beach at approximately 3:15 p.m.

Once returning to Weirs Beach, passengers have an opportunity to enjoy the shops and attractions at Weirs Beach for 40-45 minutes before boarding the Winnepesaukee Scenic Railroad at 4 p.m. for the 30-minute return train ride to Meredith.

“The owners and crew of the M/S Mount Washington are pleased to continue this iconic partnership for what has proven to be one of the most popular ways to experience the history and sights of Lake Winnepesaukee. It's exciting to think our passengers who enjoy the Rail & Sail package will have the ability to see where the 1888 Châteaugay was delivered, rebuilt, and launched in 1940 as the M/V Mount Washington, after the original S/S Mount Washington was destroyed by fire in 1939,” remarked Christopher Secord, Director of Sales for the M/S Mount Washington.

*The Winnepesaukee Scenic Railroad is located in the village of Meredith, at 154 Main St. For more information regarding the Rail & Sail package, advance ticket sales, train schedules or special events taking place at either the Hobo Railroad in Lincoln, or the Winnepesaukee Scenic Railroad in Meredith & Weirs Beach, visit [www.HoboRR.com](http://www.HoboRR.com) or call 745-2135.*

## Tall Granite Big Band returns to Pitman's

LACONIA — Saturday, June 22 at 7 p.m., Pitman's Freight Room will host a Swing Dance with the Tall Granite Big Band.

From the syncopated heart of New Hampshire, the Tall Granite Big Band carries on its Swing tradition Texas style! This 18-member band has its roots in Texas with music collected over seven decades by the late Houston band leader Johnny Dyson. The Dyson band's early repertoire included classics from Glenn Miller, Count Basie, Perez

Prado, Duke Ellington, Harry James, and other greats. But Dyson also worked closely with Texas arrangers including Don Elam and Fred Baetge, and over time his bands acquired unique material reflecting the vital “Third Coast” culture and its Blues and Latin influences, which help distinguish Tall Granite today. Today, our members are drawn from around the Granite State and our focus — as it was in Dyson's day — remains on dancing! Our Pitman's Dance Nights typically are prefaced with a com-

plimentary Swing dance lesson from area instructors to help everyone acquire or brush up their moves! So if you're done with dueling banjos or screaming guitars, grab your two-tone shoes, slick back that hair, join us at the excellent Pitman's Freight Room and swing and sway or just relax to the Tall Granite Big Band's smokey horns and unique sound!

Free Dance Lesson before the show from 7 — 8 p.m. Doors open at 6 p.m., and we are a BYO Venue. For reservations, call 527-0043.

## Winnepesaukee Wine Festival benefits campaign for domestic violence advocacy

MEREDITH — The Winnepesaukee Wine festival returns to Meredith for its 14th year, featuring samples of more than 100 wines, beers and spirits from around the world to benefit survivors of domestic violence through the New Hampshire Campaign for Legal Services (NHCLS).

A partnership between The Common Man Family of Restaurants and Martignetti Companies of Northern New England, the festival takes place on Thursday, June 27 from 5:30 — 8 p.m. in the Winnepesaukee Ballroom at Church Landing in Meredith. The event is sponsored by Donahue, Tucker & Ciandella, PLLC, with promotional support from Minute Press in Plymouth.

Featuring wine, craft beer and spirits from local, national and international producers, the event offers a VIP room in the Carriage House at Church Landing with exclusive wines and a commemorative glass. Tickets to the VIP room are \$125, which also includes access to the Grand Tasting. Tickets to the Grand Tasting are \$75 in advance and \$85 at the door, while supplies last. Purchase



The Winnepesaukee Wine festival returns to Meredith for its 14th year, featuring samples of more than 100 wines, beers and spirits from around the world to benefit survivors of domestic violence through the New Hampshire Campaign for Legal Services (NHCLS).

tickets online at [www.nh-cla.org](http://www.nh-cla.org), at Lakehouse Restaurant in Meredith, or by calling 968-9330. Space is limited and advanced tickets are suggested.

Participating in the 14th Annual Winnepesaukee Wine Festival are WJ Deutsch & Sons Ltd, Tito's Handmade Vodka, Treasury Wine Estates, J Lohr Winery, Palm Bay International, William Grant & Sons, Vintage Point, Vineyard Brands, Trinchero Family Estates, Michael David Winery, Bogle Vineyards, Vision Wine & Spirits, Remy Cointreau USA, St. Supery Winery, Hess

Collection, Caymus Vineyards, Duckhorn Vineyards, Santa Margherita USA, Amoskeag Beverages and Cisco Brewery, among others. Triple Eight Distillery will serve custom martinis down a huge ice sculpture created by Jeff Day of Rumney.

The Common Man Ashland, Lakehouse Grille, Camp, Town Docks, Lago and Ben & Jerry's of Meredith, and La Boca of Wolfeboro will provide hors d'oeuvres and sweets to accompany the wines. Guests will enjoy a bluegrass band, and a live auction will feature an overnight stay

at Church Landing in Meredith, a getaway to an Adirondack-style cabin, and a concert and stay package from The Flying Monkey and The Common Man Inn & Spa in Plymouth. Raffle prizes and various silent auction items presented by NHCLS will also be up for bid.

Mill Falls at the Lake offers special festival overnight rates for stan-

dard rooms. They are \$149 for Mill Falls, Bay Point and Chase House are \$189, and \$219 for Church Landing. There is a \$50 upgrade fee for Jacuzzi rooms. Cottages and Lodges are discounted at 15 percent off. Book online at [millfalls.com](http://millfalls.com) or call 1-800-622-6455 and mention you're attending the Winnepesaukee Wine Festival. Room availability is limited and will be granted on a first come, first served basis.

Since 2000, NHCLS has brought together New Hampshire's business, legal and philanthropic communities to support civil legal

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# Creating a clean and healthy home environment

REGION — There are many toxic materials which exist right inside most Lakes Region homes. These toxic materials are known as “household hazardous wastes” (HHW) which are substances that can poison or contaminate the environment, and threaten the health of you, your family, and those in the community. They may be flammable, corrosive, reactive, or toxic and should be disposed of properly so as not to harm people or damage the region’s soil and water resources. Most households use and create hazardous waste every day, resulting in an average of 15.5 pounds per year being tossed into municipal solid waste, which if mixed

can cause fires or injury. Limiting the use of these substances is an important first step towards creating a healthy, clean household and keeping toxic chemicals out of our recreational and drinking water sources. When purchasing supplies for your home or summer

cottage this year, consider less toxic alternatives to what you may have used before, whether commercially produced or created yourself by following simple recipes like this easy and effective formulation for glass cleaner:

Combine 2 Tbsp of white vinegar or lemon

juice with 3 cups of water; store in spray bottle, use as needed. To rub, use a natural linen towel or other soft cloth, a clean, damp chamois cloth, a squeegee, or a crumpled newspaper. To avoid streaks, never wash windows while the sun is shining on them; they will dry too quickly.

More recipes, tips, and videos for other non-toxic cleaners, insect repellants, and personal care products can be found at our updated HHW webpage: <https://www.lakesrpc.org/serviceshhw.asp>.

If you do find that you do have toxic products in your home that need

to be disposed of, the Lakes Region Planning Commission (LRPC) is coordinating regional HHW collections to be held on July 27 and Aug. 3. For details about the collections, visit the LRPC Web site at the address listed above or call our office at 279-5341/279-5334.

## NHEC Foundation announces 2019 scholarship recipients

PLYMOUTH — Six members of New Hampshire Electric Cooperative (NHEC) were named recipients of the 2019 NHEC Foundation Scholarships.

Eighty-five candidates applied for the \$1,500 scholarships, which are available to high school seniors,

students returning to college, and non-traditional students enrolled in an accredited, undergraduate educational or training institution. One scholarship is reserved for a student entering a vocational or technical institution. All applicants are either Co-op members, or legal dependents of a Co-op member.

The scholarships were awarded based on work experience, activities and leadership contributions, community service, educational/career objectives and overall scholastic achievement.

Congratulations to the following individuals, who were awarded a

\$1,500 NHEC Foundation Scholarship:

Mackenzie French of Sanbornton, who is studying Medical & Veterinary Sciences at the University of New Hampshire.

Rebecca Connelly of Alton, who is studying International Studies & Spanish at Loyola Uni-

versity.

Aidan Hagerty of North Conway, who is studying Science at St. Lawrence University.

Amy Cotter of Bartlett, who is studying Environmental Science at Colorado College.

Megan Duddy of Moultonborough, who is SEE NHEC, PAGE A11

# Winnisquam Regional High School

## Class of 2019



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# Leadership Lakes Region celebrates 21st graduating class

MEREDITH — Leadership Lakes Region recently celebrated the group's 21st annual graduating class. Twenty five area professionals completed the course and joined the ranks of Leadership Lakes Alumni; now 385 strong.

Preceding the graduation event held at the Chase House in Meredith, was the group's annual "Lakes (Environmental) Day" hosted by the Squam Lakes Association (SLA) and sponsored by Meredith Village Savings Bank which had four students enrolled this year. SLA Executive Director EB James welcomed the group to Squam and then turned the program day events over to his AmeriCorps Team Members, Adele Barnes and Alex Reiber. Featured speaker of the day was NH Environmental Services Commissioner, Robert Scott. The day also featured a lengthy pontoon boat tour of Squam Lake.

The leadership class then headed to Meredith for their graduation ceremony where guest speaker, Randy Pierce, of 2020 VisionQuest, inspired the class with his narratives of personal triumphs despite being blind. Pierce's numerous physical and mental challenges include hiking all of the 4,000 foot peaks in New Hampshire, climbing Mount Kilimanjaro and Machu Picchu, running three consecutive Boston marathons and participating in Tough Mudder events with his team which included his former guide dog, the Mighty Quinn, and his current partner, Autumn. The graduating class and their guests then viewed and discussed a "Year in Review" slide presentation assembled by the alumni planners for the day, Tammie Mahoney, Linda Heney and Willow Furey. Graduation was also the appropriate time for the Leadership Lakes Region Board to honor and recognize the extraordinary organizational efforts by one of the primary founders of the group back in 1996, the late Adrienne Ste-



COURTESY

The family of the late Adrienne Stevens presented the first Adrienne Stevens Founder's Award for Leadership to a graduating member of this year's Leadership Lakes Region Class of 2019. Ms. Stevens' nephew Chris made the presentation to class member Andrea Condodemetraky. Also shown flanking Andrea and Chris for the presentation were Stevens family representatives; L-R: Adrienne's brother Richard and his wife Gail, Adrienne's brother David, and Chris' wife Tammy Stevens.

vens. Stevens, a career educator who passed away in the Fall of 2018, was a driving force in the establishment of this very successful leadership program and three of her former original board colleagues were there to honor her contributions. Eliza Leadbeater, Bill Seed and Don Morrissey were original members of the Board along with the Stevens and three other visionaries. The group was formed to foster a spirit of volunteerism through regional information and education, stated Leadbeater, and Adrienne was a primary example of that spirit throughout her life, she added. Seed highlighted Adrienne's volunteerism with the local Altrusa Club and her involved mentoring efforts with high school

and college students that allowed hundreds of them to achieve their career dreams. Stevens family members were invited to participate in the ceremony which culminated with one member of the graduating class selected by the votes of classmates as the person who most embodies the volunteer spirit and community involvement of the late Adrienne Stevens. Nephew Chris Stevens proudly spoke of his aunt's many community accomplishments and then presented the first Adrienne Stevens Founder's Award for Leadership to class member Andrea Condodemetraky. Lakes Day and Graduation were coordinated and planned by Leadership Lakes Coordinator Jennifer McLean assisted

by Furey, Mahoney and Heney. Bank of New Hampshire sponsored the annual graduation program for the 21st year in a row. Class of 2019 Leadership Lakes Region graduates included Caryl Falvey, Mark Cote, Jeff Sirles, Stacy Trites, Andrea Condodemetraky, Greg Goddard, Jan Kimball, Ann Marie Moynihan, Barbara Laros, Roland Bourque, Emily Ferrer, Jennifer Watson, Larissa Baia, Sara Thielbar, Amy Mavris, Ira Keltz, Jayne Ray-

no, Kate Luczko, Holly Hiltz-Harrington, Lisa Gloddy, Sara Custance, Samantha Downes, Shelley Carita, Todd Calder and Krista Bouchard. Program Coordinator McLean invites anyone interested in joining the next class of Leadership Lakes Region which will begin next October 2019 to make application now. Applications and program information are available on the group's Web site at [www.leadershiplakesregion.org](http://www.leadershiplakesregion.org).

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For more information visit [www.tchealth.org](http://www.tchealth.org) or contact Human Resources at (928) 283-2432 or [tcrhchr@tchealth.org](mailto:tcrhchr@tchealth.org).

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## Edward Jones: Financial Focus

### Smart Financial Moves for 'Gig' Economy Workers

Not that long ago, most people worked for some type of an organization, such as a business or the government or a school district. But today, more and more workers are going their own way and joining what's known as the "gig" economy. If you will be one of them, you'll want to make the right moves to advance your financial goals in what can be a challenging work environment. But first, you may find some comfort in knowing the prevalence of gig work. About 36 percent of U.S. workers are now gig workers, according to a study from the

Gallup organization, which defines the gig economy as one made up of a variety of arrangements – independent contractors, online platform workers, contract workers, on-call workers, temporary workers and freelancers. People join the gig economy for many reasons, but most of them, like you, could benefit by considering these actions:

**Establish your own retirement plan.** When you're a full-time employee, your employer may offer a 401(k) or similar retirement plan. But as a gig worker, you need to save for your own retirement. For-

tunately, you've got a lot of attractive options. Depending on your circumstances, you might be able to open a SEP-IRA or even a "solo" or "owner-only" 401(k), which offers many of the same features of an employer-sponsored 401(k). Both these plans allow you to make pre-tax contributions, which can lower your taxable income. Plus, your earnings can grow on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawal, and any withdrawals you make before you turn 59 ½ may be subject to a 10% IRS penalty.)

**Create an emergency fund.** Working in the gig economy can bring rewards and risks. And one of those risks is unpredictable – and often uneven – cash flow. This can be a cause for concern during times when you face a large unexpected expense, such as a major car repair or medical bill. To avoid dipping in to your long-term investments to pay for these costs, you should establish an emergency fund containing at least six months' worth of living expenses, with the money kept in a liquid, low-risk account.

**Address your protection needs.** Many companies provide some life insurance as a benefit to their employees, though the coverage is often inadequate. But, as is the case with your retirement plan, you will need to meet your own protection needs if you work in the gig economy. In addition to purchasing enough life insurance to protect your family, you also may want to consider disability insurance. A financial professional can help you determine what types of coverage, and how much, you require.

**Keep track of your expenses.** If you do your gig work out of your home, you may be able to deduct some of your expenses – phone lines, utilities, internet, newspapers, equipment, mileage and so on – from your taxes. Consequently, you will need to track all these costs. And you will need to consult with your tax advisor on what can, and can't, be claimed as a business necessity. These aren't the only moves you may need to make as a gig worker – but they can help provide you with a steady path in a world in which you can't always tell what lies around the corner.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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**DIVER**

CONTINUED FROM PAGE A5

ian diver, but I couldn't leave all this behind. I joined the Navy for training, I stayed in the Navy for the people."

Among his many tours of duty, Deflice served at the Navy Experimental Diving Unit, where new underwater techniques and technologies are tested for their usefulness to the Navy's mission. In a striking twist, Deflice would find himself on both sides of the laboratory glass during his Navy career.

"My last duty station was the Navy Experimental Diving Unit in Panama City, Florida," said Deflice. "I was the CMC [Command Master Chief] there. That tour consisted of a lot of human subject research; experiments with people to help the Navy learn how to dive deeper for longer and to test and evaluate new equipment. I was actually there as a young diver long before I was command master chief, I was a young diver there myself! It was nice to be there as, I hate to say it, but a guinea pig, and then go back 20 years later as the CMC!"

For his final duty station, Deflice served as SUBSCOL Command

Master Diver where he oversaw underwater training for future submarine Sailors.

"At SUBSCOL I am privileged to lead the team up at the pressurized submarine escape trainer, or PSET," said Deflice. "I lead the team there in ensuring the future submarine Sailors get the safest and most realistic pressurized submarine escape training in the world. This facility is the only one in the US Navy and I personally think ours is the best in the world."

Deflice officially retired from the Navy in a ceremony held in SUBASE New London's on-base chapel, attended by family and fellow divers. Despite it being the end of his Naval service, the mood among Deflice and his shipmates was one of laughter and remembering good times and wild sea stories. Deflice was presented with a traditional shadowbox by his Sailors, and he and his family were ceremonially piped ashore. Deflice said the thing he has cherished most about the Navy has been the camaraderie and the relationships he has formed along the way.

"What I will take away most from the Navy is the relationships with all the great people I have been fortun-

nate enough to work for and with," said Deflice. "That overshadows every single operational job and thing I have done. To work with such a fine group of American patriots has been very humbling and an incredible honor. And to do that for 30 years, I am a blessed man."

Deflice also stressed the importance his wife and family have played in his path to where he is today.

"I owe a tremendous amount of where I am today to my wife, Dale,

and my two sons, Sam and Max," said Deflice. "Dale has been such a supportive partner. She allowed me to give the Navy everything while she took care of my family and I'm forever grateful for that. I would not have made it without her. We have been married 21 years and she has been through all of this with me."

His Naval career might be finished, but Deflice said he himself is not done diving. He is also very hopeful for the current generation of

Sailors, in whom Deflice said he has tremendous confidence.

"I want to keep working as a diver," said Deflice. "I still feel very energized, I loved getting up in the morning and helping people and working for something bigger. I look forward to that. I'm also very positive about tomorrow's Navy. I leave my duties in very capable hands. You younger Sailors are smarter than we were. You are diligent and hardworking and caring. I will miss being

active duty, but I don't leave worried. It's in capable hands and I'm proud to turn it over to you."

Editor's note: The preceding news article was originally published in The Dolphin, a publication produced by and serving the personnel stationed at Naval Submarine Base New London in Groton, Conn. It has been re-printed with permission, as Master Chief Diver Deflice has family residing in the Winnisquam region.

**FESTIVAL**

CONTINUED FROM PAGE A7

aid provided by the Legal Advice & Referral Center and New Hampshire Legal Assistance. A crucial component of this civil legal aid work is the Domestic Violence Advocacy Project (DVAP), whose advocates provide crucial and free legal help from the moment a domestic violence survivor takes the first step to leave an abuser. Advocates assist with applications

for protective orders and give legal advice, helping victims achieve an almost 80% success rate in having those orders granted. This essential first step builds the confidence of survivors, and helps them start their new lives in safety. Visit nh.cls.org for more information.

Founded in 1971, the Common Man family in New Hampshire is made up of 15 restaurants, two Inns, a Spa and Salon, Company Store,

The Flying Monkey Movie House and Performance Center and The Barn on the Pemi wedding and event center. Locations include Common Man-named restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; Common Man Inn & Spa, Foster's Boiler Room, Italian Farmhouse, The Barn on the Pemi and The Flying Monkey in Plymouth; Common Man Inn & Restaurant in Claremont; Lake-

house Grille, Camp Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester; the Co. Store in Ashland, and The Common Man Roadside at the Hooksett Welcome Centers. For more information about The Common Man, visit thecmann.com, become a fan on Facebook at www.facebook.com/thecmannh and find them on Twitter and Instagram @thecmannh.

**SHOOTING**

CONTINUED FROM PAGE A1

The road was consequently shut down for public safety from Route 140 to Twin Bridge Road and an investigation into the incident quickly got underway. South Road remained closed to traffic until after 9 a.m. on Sunday.

The AG's office disclosed on Monday afternoon that Sheehan died as a result of multiple gunshot wounds. None of the officers who responded to the incident

sustained any physical injuries during the encounter but no mention was made as to how many of them may have been involved in the shooting.

As this is an "unfolding" situation, Young said that in order to protect the integrity of the investigation, nothing further will be disclosed until interviews of those who were on the scene are completed. However, her office does hope to offer more information to the public just as soon as possible.

**NOTEBOOK**

CONTINUED FROM PAGE A4

ous about settlements, towns, and land grants to somehow make it all seem legal, they were denied what historians had come to expect. The tribes and nations depended on oral tradition to link present to past and speculate on the future. Drawings and maps on cured hides helped carry codes of social behavior and wisdom from one generation to the next, as did intricate bead-work and, in some regions, petroglyphs, pottery, and earthen mounds.

In our little pocket of the continent in the Northeast, there was the least of the least. Our acidic soils doomed anything made of hides or wood, the chief means of generational connection. Oral tradition--songs, sermons, sagas,

and stories bordering on the Homeric--buttressed the few relics protected from time and the elements. Even these were often lost to civilization's age-old enemy of connectivity, fire.

+++++

Two books I will never give away are the hard and soft-cover editions of Helenette Silver's landmark book, "History of New Hampshire Game and Furbearers." Helenette, with whom I had considerable correspondence and a nodding acquaintance, stood out for many reasons, not the least because she read every town history she could get her hands on and searched many settlement-era deeds back to the original King's Grants.

Insects are not even listed in her index, and I can remember no mention of them in the general text, except the

usual observation that the Indians used bear fat or any similar substance on hand to smear on exposed portions of their bodies for protection against insects, chiefly black flies, deer flies, no-see-ums and mosquitos, all of which were at the height of ferocity in May and June.

It should be no surprise, then, that Helenette left no room for snakes. Little was known in settlement times about their species, origins, or ranges, and thus imagination ran rampant, just as it did with many aspects of science before the appearance of, well, science.

+++++

The correct thing to say about me regarding snakes would be "ambivalent." I harbor no fundamental fear of them, but not a lot of affection, either. Respect, yes. In this

vein, I loved the photos of timber rattlers in the spring issue of Northern Woodlands magazine, and New Hampshire Fish and Game's Wildlife Journal as well, and will tack one onto a wall.

I once had an encounter with a southern racing snake in Florida. It periscoped about a quarter of its body out of an old box on the ground, and regarded me, I thought, like a U-boat commander with a fat freighter in his sights.

This snake followed me along for a little while (they can go up to 20 mph, the literature says. Being relatively ignorant about snakes, I carved another "We don't have these in New Hampshire" notch in my mental gunstock.

But oh yes, we do--and like all snakes, it is not threatening and simply deserves (and wants) to be left alone. Its tiny backward-facing teeth are for swallowing prey, the big item on their diet being mice, voles, and moles. Mice are a key link in the cycle that gives us Lyme Disease and a host of lesser-known afflictions.

Even though I've been writing for newspapers since 1968, a good deal of it outdoor-oriented, there undoubtedly are snake experts at various universities and in the private sector I've never even heard of. In increasing my own knowledge on snakes, I'll undoubtedly bump into them, New Hampshire still being a relatively small state (around 1.3 million).

But I already have a message to readers about snakes: Leave them alone. We've already brought some species (New Hampshire has 11) to the brink of extirpation (meaning gone from this state but still existing elsewhere) through habitat destruction/conversion and knee-jerk killing, all based on the assumption that all snakes are bad.

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## WRHS

CONTINUED FROM PAGE A1

til it's ours," Castrillion said.

Valedictorian Megan Fife revisited some memories of their four years at WRHS and recalled how hard they worked over that time. Thankfully though, she said they also found occasional opportunities to relax, and urged them to remember to take a break now and then in the future, too, to revitalize themselves. Most of all, she told them to always follow their instincts and do what they know is right for them, not someone else.

"More challenges will face us in the future but I'm confident this school has prepared us," Fife said.

This year's keynote speaker, voted on by the class, was English Teacher and Class Advisor Christina Steffen. Steffen said she started her teaching career at the school four years ago, too, and therefore had a very special place in her heart for the class she soon came to know

so well. She thanked them for making her job not feel like work and told them that they had also taught her how to become a better educator along the way.

"I am saddened and humbled to see my first 'babies' walk across the stage tonight," she said.

Steffen then said that in wanting to make her speech to them the best possible, she decided to end her time with them the same way she started it on their first day in her class with Britney Spears quotes.

"I jumped over drama and landed on my feet," she quipped from the song "Outrageous," adding with a laugh, "Hey, you guys voted for this!"

Lacing the rest of her speech with a few words from the "Pop Princess," Steffen had a serious message for them as well. She told them a lot of people were waiting outside the gym door for them to move into the world. Out there they may succeed at times, they may fail at times, but each time they come upon a challenging opportunity she wanted

them to remember they are stronger than they think.

"Give 100-percent of your efforts toward your goals and dreams," said Steffen.

She also advised that they go into their future as she did by finding a profession to love, one that is meaningful and won't feel like work.

"But, today's the day to celebrate 'Now.' Take a deep breath and let it sink in," she said, before concluding with one final quote from Britney: "Hold your head high, fingers to the sky!"

Other words came from Superintendent Rob Seaward, who told the Class of 2019, "I wish you the very best as you embark on the path to all you will become. Welcome to the venture."

Dana Giampaolo said he couldn't have asked for a better class in his first year as principal, and that that was all made possible by the parents and loved ones who raised and supported them over the years. He went on to say that as he watched the graduates enter that night he

saw competent, capable young people who struggled at times but worked hard and achieved a lot along the way. Most of all however, he saw the future.

"What you all have in common is that you all have potential...This is how you can change the future, by being the best 'you' that you can be," said Giampaolo.

Five additional awards were presented that evening as well. Presented with the Activity Council Award was Mary Rogers, the School Board Community Service Award went to Kathryn Long, and the Athletic Council Award was given to Kobe Briand. Jessica Holt received the Daniel E. Stockwell Educational Award and the 2019 Alfred H. Pucci Award was presented to Kyle Mann.

Music for the evening included the Chamber Choir's performance of "Letting Go" from the musical "Jekyll and Hyde," and the Class Song, "I'll Always Remember You." Besides "Pomp and

Circumstance," the Concert Band's presentations were the faculty processional "When Johnny Comes Marching Home," the music selection "Moscow, 1941" and the recessional, "Seven Nation

Army."

In his final moments standing before the Class of 2019, Giampaolo concluded that there was nothing more that could be said except, "Go Bears! Class Dismissed."

## SUNUNU

CONTINUED FROM PAGE A1

doing it, too," Drew said,

Among the recent fundraisers were last month's fishing derby and a golf tournament that took place last Thursday. There will be a large car show at Tilt'n Diner on July 10, then on July 19-20 the organization will take part in Rafting for Wishes to benefit the Make a Wish Foundation. In the fall T-N Rotary will also be holding a Corn Hole Tournament at Highland Mountain Bike in Northfield.

After learning more about their busy organization, Gov. Sununu then took the podium to give a brief rundown on the "State of the State." "Things in New Hampshire are going really, really well," he began.

Sununu said he believes that the role of governor is to provide the services people need, then get out of the way and not interfere. That hands-off form of government has proven to be quite successful, and on a national level Sununu said it has allowed New Hampshire to become a shining star.

"My job is to create doors of opportunity. Whether you walk through them or not, hey, Live Free or Die," he said in quoting the state motto.

His experiences at the family's ski area in Waterville Valley have taught him a lot about customer service and he said residents of the state are quite similar in that he wants them to have the best experiences possible here in New Hampshire and that he works hard to make that happen.

Sununu also said that when the national economy is good, more money comes down to the state level and can help provide more or improved services. Currently New Hampshire has a large budget surplus and the governor said the last thing needed in the state is more taxes, as some

legislators in Concord are pushing for.

In regards to education in the state, Sununu said the key there is "legislation, legislation, legislation." He reminded those at the meeting that New Hampshire has the largest number of state representatives in the country and is the third largest legislative body in the world. As such, he said, people need to reach out to their local representatives to tell them their concerns, explain issues they face in their schools, or offer suggestions on how they would like to see things done.

"You can make a difference," he assured them.

Among the accomplishments thus far that Sununu is proud of is the new Child Protection Bill, which he just signed into law, calling it the most comprehensive law the state has ever had in child protection. He also helped develop the Hub and Spoke system for addressing mental health issues and addiction. He explained that rather than having all programs and facilities for matters like those situated in the Manchester area, the Hub and Spoke system now branches out from Manchester to rural communities across the state. As a reminder of the importance of reaching out to state government, Sununu added that that program came about after he heard from residents of the North Country that people simply couldn't travel an hour or more for the ongoing help and support they need.

One other tidbit Sununu also shared with the Rotarians was that as a governor he never thought he would be as involved with wildlife as he has found himself at times. From saving rogue bears from execution in Hanover to pardoning turkeys and authorizing the recognition of a state raptor, he said it has been an interesting few years.

## BHS

CONTINUED FROM PAGE A1

someone during difficult times can give you what you need to soldier on," he said.

He praised the class for having made numerous connections in their years in the Shaker Regional School District and asked that they remember to use those connections to succeed and help them grow in the future.

"Remember, building relationships matters. They help us stay focused and move forward to get things done," said McNabb. "Good relationships are a win-win. You know all of this-just don't forget it... Lots of things happen in life but connecting with others makes things happen. Send it!"

In her speech, Class President Morgan Ferguson said that over the past four years her fellow students have been thrown a number of "curve balls" but learned to persevere.

"We fought for what we believed in and that's what I'm most proud of," she said.

Salutatorian Alice Riley acknowledged how

they learned to work together and thanked teachers, advisors and coaches who enhanced their high school experience. Through their unconditional love and support, she said the class learned about themselves and became comfortable with who they are and what they want to be in the world. That love and support spread, she added.

"I lost track of how many times I've seen someone (from this class) do a random act of kindness," said Riley.

Katherine Wieck was Valedictorian for the Class of 2019 and took her opportunity to praise the class for their intelligence and skills as she wondered why, out of all 93 of the graduates, she was selected to address them that day. Behind her, Wieck said, were many students with intelligence and dedication to their passions that she couldn't even begin to understand or compete with. Wieck asked that they each "recognize the work that will stick with us all the rest of our lives," yet hold on to the memories of

their achievements at BHS. And while she said they should set goals for themselves in the future, she advised them that they should also be prepared to change them if the direction of their lives change.

In his greeting to the graduates and their loved ones, Principal David Williams took a moment to wish all the dads a Happy Father's Day, then congratulated Kelly Hayes for her prestigious Girl Scout Gold Award, saluted Paige Dillon for her Army National Guard recruitment award and applauded all from the Class of 2019 who would now go forth to serve the nation.

He also encouraged all graduates to hold on to their dreams, adding, "You're future is what you will make it."

Class Advisors Kelly Hamilton and Sharon Hampton were awarded the opportunity to list the redeeming qualities of each of the students as they congratulated them on their success and wished them the best in their future endeavors.

"This is a passionate group," they said. "Now

we hope you go out and make your mark on the world!"

Final awards presented that day were the F.W. Fitzpatrick Memorial Award for citizenship to Alice Riley, the Kenneth F. Muzzey Award to Kaitlynn Delisle, and the Roland Kimball Award for best all-around scholarship, which was given this year to Katherine Wieck.

Music for the day's celebration from the high school band included "Pomp and Circumstance" and "March #1 Land of Hope and Glory," along with "Mountain Thyme." Once Principal Williams declared they were all official graduates of the Class of 2019, the students marched into their future to the sounds of "Olympic Spirit" and "Summon the Heroes."

This year, 23 of the 93 students graduated with High Honors, 23 achieved honors and 11 of them additionally graduated with Diplomas of Distinction, showing they went above and beyond the standard requirements for graduation.

## NHEC

CONTINUED FROM PAGE A8

studying Nursing at Cedarville University.

Alison Haight of Sandwich, who received the Vocational Scholarship to continue her studies in Precision Machining & Manufacturing at Southern Maine Community College.

NHEC is a member-owned electric distribution cooperative serving 85,000 members in 115 New Hampshire

communities. Scholarship funding is provided by the NHEC Foundation, a non-profit 501(c)(3) fund that receives contributions from NHEC members who participate in the Round Up Program, which rounds up their monthly electric bill to the next dollar with the proceeds benefitting the Foundation. For more information about the Foundation, please visit [www.nhec.com/nhec-foundation/](http://www.nhec.com/nhec-foundation/).



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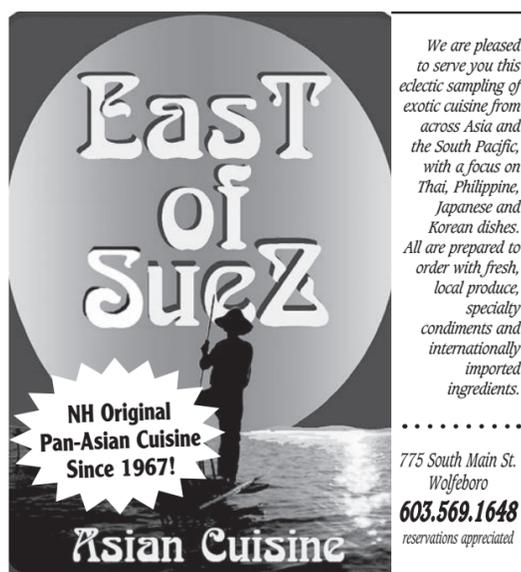
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# Tour Smith Meetinghouse Cemetery with Gilmanton Historical Society June 25

GILMANTON is on Meetinghouse Road, off Route 140 east of Gilmanton Corners. Wear good walking shoes and meet at 6pm at the main gate to the cemetery. Please park along the edge of Meetinghouse Road. Tour will be held rain or shine.

The Society's 2019 program series continues on the fourth Tuesday of each month, through September, with programs featuring Gilmanton history: Doug Towle's Antique Gilmanton Homes on July 23rd; The 12th New Hampshire Regiment During the Civil War on Aug. 27; and

Smith Meetinghouse



COURTESY  
Gilmanton Historical Society offers a tour of historic Smith Meetinghouse Cemetery, Tuesday, June 25, 6 p.m.

A Brief History of Gilmanton's Churches on Sept. 24.

The Society's museum in Old Town Hall in Gilmanton Iron Works is open every Saturday morning, 10 a.m. to noon, June, July and August.

The programs are free and open to the public. Donations to support the work of the Society are always welcome.

## Tilton resident named to Spring 2019 Semester Dean's List at Dean College

FRANKLIN, Mass. — Dean College is pleased to announce that Miki Yoshida of Tilton has earned a place on the Dean's List for the Spring 2019 semester.

Founded in 1865, Dean College is a private, residential college located in Franklin, Mass., 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

## Mutual Aid Association selects contractors for radio system

LACONIA — Lakes Region Mutual Fire Aid Association is a regional fire and EMS Dispatch center, providing professional fire, EMS, and All Hazards emergency dispatching to 35 communities in and around the Lakes Region of New Hampshire. Lakes Region Mutual Fire Aid dispatchers dispatched 26,958 emergency calls for service in 2018.

The current radio system uses a combination of outdated technology, and equipment, some of which is approaching 20 years old to dispatch emergency calls and communicate and coordinate responses with the hundreds of field responders, fire apparatus, and ambulances in its 1,800-square-mile Mutual Fire Aid District spreading across New Hampshire's Lakes Region.

Chief Goldman and Deputy Chief Paul D. Steele, Jr. have been working with vendors for almost two years to bring this project to fruition. It was their intent to present to the Board of Direc-

tors solutions that would not only meet the needs of the organization today, tomorrow, and well into the future, but to present solutions that would be cost effective, financially sound, and sustainable.

Chief Coordinator Jon Goldman is pleased to announce that the Lakes Region Mutual Fire Aid Association Board of Directors has selected All-Comm Technologies of Revere, Mass. to completely upgrade and replace all of its current radio infrastructure. The anticipated project cost will be \$860,000.

Eastern Communications, one of the largest communications companies in the Northeast based out of Long Island City, N.Y., along with All-Comm Technologies, presented a solution using Tait Radio equipment that will greatly enhance Lakes Region Mutual Fire Aid's radio network, technology, redundancy, and resilience.

Tait Communications, a Christchurch, New Zealand company, has been providing mobile,

portable, and base station radios internationally for 50 years. In 2016, Harris Corporation entered into a strategic partnership with Tait Communications, enabling Harris Corp. to become the exclusive distributor of Tait Products in North America. Once the project is completed, it will be the largest geographically diverse analog simulcast system engineered by Tait in New England.

LRMFA regularly banks through Franklin Savings Bank, and wanting to keep tax dollars in the community, Franklin Savings Bank proposed a loan offer that met or exceeded any of the other loan proposals received from out of state banks and leasing organizations. LRMFA is proud to continue banking with our local bank.

FSB President and CEO Ronald L. Magoon said, "FSB has been an independent community bank for almost 150 years, and we are proud to work with the great people at Lakes Region Mutual Fire Aid on this project. Whenever we can help an organization that does such important work in our communities, it is truly an honor for us."

When asked what the most beneficial aspect of this project would be, Deputy Chief Steele stated "I don't think there is one single most beneficial aspect. The project brings updated technol-

ogy, redundancy, and remote system monitoring amongst many other positive features."

He went on to say that "The proposed system has been designed and will be built for sustainability over the long haul."

Mike Wolf, President of Eastern Communications, commented "Eastern is proud to be supporting our partner All-Comm Technologies to bring this solution to the Lakes Region. Lakes Region Mutual Fire Aid provides essential Public Safety Dispatch to 35 communities across multiple counties in New Hampshire, and we are honored to be a part of this important project."

Chief Coordinator Jon Goldman said, "When I was offered the Chief's position two years ago, it was very clear to me, this was a priority for this organization. I am thankful to the Executive Committee, and the Board of Directors for their support, and am very excited that we were able to present a solution that will carry the organization forward, well into the future, at a sustainable price point."

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COURTESY

The Tilton School Rams won the first New England Championship since 2002.

## Tilton hockey mentor named Coach of the Year

BY BOB MARTIN

Bob@salmonpress.news

TILTON – It was a huge year for the Tilton School boys' varsity hockey team, as the Rams took home its first New England Championship since 2002 and coach Brooks McQuade was named 2019 Prep Coach of the Year by the New England Hockey Journal.

McQuade is a 2004 graduate of Tilton School, where he played hockey, and joined the team as an assistant coach in 2010. This year he completed his fourth season as head coach. His past experience includes time coaching the N.H. Amateur Hockey Association, coaching Hockey Night in Boston and the being the owner and general manager of the N.H. Granitemen LLC, which is a AAA spring and summer tournament. He graduated from the University of New Hampshire in 2008 and he currently works at Tilton School in the admissions department.

"When I got out of college I had an interest to get involved in coaching, but I didn't know exactly where it would take me," McQuade said. "I quickly found a passion for it and I was hungry to be a better coach and to understand the game on a higher level in order to teach it at a higher level."

McQuade said he wanted to be part of the game after college and



COURTESY

Brooks McQuade was named 2019 Prep Coach of the Year by the New England Hockey Journal.

the ball kept rolling in the right direction. He said Pat Norton was the former head coach who helped him get acclimated before he moved on to coaching at Tufts University. McQuade said he couldn't be happier to be involved with the Tilton hockey program and is proud of the team's accomplishment this past season.

McQuade explained that the New England Championship is broken up into a large and small bracket, with Tilton winning the small school and another New Hampshire school, Kimball Union, won the other bracket. Tilton School had a 19-8 record and earned a number one seed in the Piatelli/Simmons Tournament (small school.) The Rams beat Pomfret School 4-1, St. Mark's School 4-1 and then nearby rival Holderness School by a score of 5-2.

"We had some really good players," said McQuade. "We recruited aggressively to put this group in place. We were

building and it took years to get to this point. It is a talented group that understood and accepted their roles, and did their jobs to the best of their ability. Regardless of what happened our guys collectively

stayed the course."

McQuade said the players come from all around the country, so it is a bit different than a local public school.

He said the coaches and players work year-round to train, as well as playing on weekends.

McQuade said the community of Tilton has

been very supportive of the team, which has allowed these players from all over to feel welcome and at home. He also

SEE HOCKEY, PAGE B10

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BOB MARTIN

Michael Allard was a first team All-State this season.



BOB MARTIN

Phil Nichols was named second team All-State in his sophomore year with the Bears.

# All-State honors for pair of Bears

BY BOB MARTIN  
Bob@salmonpress.news

TILTON – Two members of the Winnisquam baseball team were recognized by coaches around Division 3 for their strong play, with Michael Allard named first team All-State and Phil Nichols named second team All-State.

Allard had a fantastic junior seasons and led the team in almost all offensive categories including batting average at .465, 16 runs, 20 hits, 10 extra base hits, seven doubles and two homers. He was also a force on the base paths, leading the way with 20 steals. His on base percentage of .610 was off the charts and his slugging percentage was .814, which

combined for a whopping 1.424 OPS.

On the mound, Allard was 3-2 with a 2.39 ERA and 29 strikeouts in 26 innings.

“We expected a great year from Michael, and that’s exactly what we got,” said coach Fred Caruso. “Not only did he lead our team in most offensive categories, but he took major steps to becoming a dominant pitcher on the mound and played one of the best center fields in our division with a very strong arm. Looking forward to Michael’s senior season next year.”

Allard said that being named All-State was an honor and it felt great to be recognized as one of the best players in the

division. Last season he made third team All-State and while he was happy to achieve this as a sophomore, he wasn’t fully satisfied.

“As a player all that hard work in the off-season paid off and I couldn’t be happier,” said Allard.

Allard felt his best game of the season was the team’s first win over Hillsboro-Deering. It was the first away game of the season and the team was hungry for a win after some tough losses to start the spring. He said it was a day where the team pounded out 13 hits and he felt the Bears played well defensively. Allard pitched a complete game that day, and at the plate he had

three doubles and a sacrifice fly to help the team to victory.

While the team’s record was 6-11, Allard said this was misleading and didn’t represent how good the Bears actually were as a team.

“This year could have easily been flipped as far as our record goes,” Allard said. “We were in every game and things just didn’t go our way in the end. We had a great team that never gave up and we will have the same for next year. Our goal for next season is to have a winning record and host our first game in the playoffs at home.”

Nichols was lights out on the mound but was often the victim off poor run support and

defensive miscues that led to a misleading 3-5 record. He had an ERA of 1.52 over 52 innings of work on the hill, where he piled on 69 strikeouts and only 16 walks. He had a strike percentage of 65.6 percent. Opponents batted only .207 against him.

At the plate Nichols batted .313 and was the team leader in RBIs with 15.

“Philip deserved better on the mound,” said Caruso. “He kept us in every game he pitched. With a couple of key hits, his record could have easily been 6-2, 7-1. I’m just glad we have him for two more years.”

Nichols felt that his best game of the season came against the La-

conia Sachems, where the Bears had a close 3-2 win. Nichols pitched a complete game one hitter with eight strikeouts. He allowed a base hit and a walk, and two runs scored in the first inning. After that Laconia was completely shut down.

“Everyone was on that day,” Nichols said.

Like Allard, Nichols is honored to be recognized and also feels that this year’s record didn’t fully show what the Bears are capable of.

“There were games that should have been won that were lost,” Nichols said. “My goal, as well as the team’s for next season, is to hot a first round playoff game next year.”

# Night racing coming to The Flat Track

LOUDON — New Hampshire Motor Speedway’s newest racing surface, The Flat Track, will host the first ever race under the lights on Friday, July 19. Friday Night Dirt Duels presented by New England Racing Fuel will be headlined by the U.S. Legend Cars International and the USAC Dirt Midget Association and feature a night of short track racing with NASCAR stars on the 0.25-mile dirt track during the Foxwoods Resort Casino 301 weekend.

“We’re always looking for ways we can improve the fan experience and add new features to our race weekend to give fans more opportunities

to see the drivers and enjoy racing,” said David McGrath, executive vice president and general manager for New Hampshire Motor Speedway. “The Friday Night Dirt Duels will be a low cost, high energy event with some fan-favorite drivers racing in a short track setting. This is going to be a great show for New England race fans.”

Monster Energy NASCAR Cup Series drivers Corey LaJoie and Daniel Hemric will race in the 35-lap U.S. Legend Cars International feature event with fellow Cup Series driver Ryan Blaney serving as Grand Marshal. The winner will take home \$2,000, which is the largest leg-

ends purse in the Northeast this season. LaJoie, Hemric and Blaney will be in town for the Foxwoods Resort Casino 301 on Sunday, July 21, on the 1.058-mile speedway.

“It’s been forever since I drove a legend car and I’ve never raced anything on dirt,” said LaJoie. “I’m sure I’ll figure out the new flat track at NHMS pretty quick and put on a good show with Hemric.”

The 30-lap USAC Dirt Midget Association race marks their first appearance at New Hampshire Motor Speedway.

“This is an incredible opportunity for our teams to be racing at such an iconic venue such as New Hampshire

Motor Speedway,” said Mark Hann, series director for USAC Dirt Midget Association. “The fans will be seeing a historic event since this will be the first time that a USAC and NASCAR race takes place on the same weekend at the same facility in New England.”

Heat races start at 7:30 p.m. with gates opening and practice starting at 6 p.m. Tickets, which include open garage and pit access, are available for adults with kids 12 and under free. This is a typical dirt track setting with standing room style viewing and fans are encouraged to bring lawn chairs and blankets for seating. While coolers

are not allowed at The Flat Track, draft beer or hot dogs will be available while supplies last as part of the speedway’s fans first pricing.

This event will replace the Fan Jam, which was previously held in the speedway’s infield.

The Flat Track, located directly behind the North East Motor Sports Museum, is the first track to be built in New England in the last 25 years. Crews turned roughly 186,095 square feet of ground and 3,000 tons of clay to build the 0.25-mile track. Construction began last fall, and a ribbon-cutting ceremony took place on June 6. Motorcycles will

be the first to race on the new surface on June 15 when American Flat Track, “America’s Original Extreme Sport,” takes over the venue during Laconia Motorcycle Week.

For ticket information for all 2019 events at New Hampshire Motor Speedway, including the July 19 Friday Night Dirt Duels presented by New England Racing Fuel, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway website at NHMS.com or call fan relations at 783-4931.

# Panther Volleyball Camp coming in July

PLYMOUTH — Plymouth State University head women’s volleyball coach Joan Forge and the PSU volleyball team will be hosting Panther Volleyball Day Camp July 22 – 25. This camp will feature two sessions. Panther Camp One is 9

a.m.-noon for girls entering the fifth through eighth grade and is designed for beginner to intermediate players. Players will have fun while learning the basic fundamental skills, rules and strategies to be successful playing the sport of volleyball.

Panther Camp Two is 1-5 p.m. for girls entering ninth through 12th grade and is designed for beginner, intermediate and advance players who want to play and excel at the high school level. The players will be challenged with improving their

basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transition and concepts of team play. For information, please contact Joan Forge at jcforge@plymouth.edu or call 387-1202.

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# Six Red Raiders earn baseball All-State honors

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont High School baseball team had a fantastic year, going to the semi-finals of the Division 3 state tournament, and much of the team's success was due to the play off All-Staters Griffin Embree, Colby Brown, Cam Magerer, Nate Sottak, Austin Didsbury and Brett Auclair.

Embree has been regarded as one of the best players in Division 3 for the past two years, and was named first team All-State. At the plate he hit .328 and had an on base percentage of .427. He was second on the team with 11 steals and had six doubles and 16 RBIs. He also played some top notch center field when he wasn't on the mound.

When on the hill Embree was about as good as it gets. He was 5-1 with an ERA of 1.05 and 66 strikeouts over 46.2 innings.

"Griffin Embree is the best pitcher in Division III the last two years," said coach Matt Leblanc. "There are guys who throw harder but between his being able to locate pitches, his pitch mix and sequence, and his ability to field his position, he has risen to elite status. We felt like we were going to win every time he was on the mound. In addition, he was considered one of the best center fielders in D-III and hit extremely well for us. He could be relied on in every facet of the game."

Cam Magerer was also named first team All-State for his excellent work behind the dish. He had a .255 batting average with four doubles, a triple, 17 runs and 12 RBIs. His work blocking balls behind the plate, as well as the ability throw out runners stealing, made him one of the best in the division.

"He established himself as among the best defensive catchers in D-III," said Leblanc. "Throughout his four years as a varsity starter he was always at his best in the biggest games and that was no different this past season. He allowed the pitchers to throw balls out of the zone because he would drop and block most anything. An offensive force, he put a charge into the ball whether it fell in for a hit or not. He earned the distinction of being named the male Red Raider Award recipient."

Brown and Sottak were both second team All-Staters this year. Brown batted .375 with a home run, seven doubles and 15 RBIs. He is known for his incredible speed and stole 18 bags this season.

"A four-year starter who was respected by every coach in the division as an excellent leadoff hitter, base



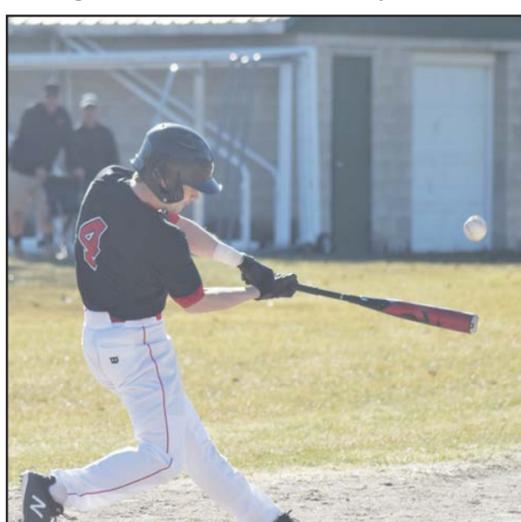
BOB MARTIN

Griffin Embree was a first team All-Stater for the Red Raiders.



BOB MARTIN

Cam Magerer was a first team All-Stater this year for Belmont.



BOB MARTIN

Colby Brown was a second team All-Stater this spring.

stealer and defensive shortstop," said Leblanc. "With the combination of speed and a great arm, he made spectacular plays look average and on several occasions made big league defensive plays. He played his absolute best game, maybe of his career, in the semifinal game against Hopkinton, led our team in most offensive categories, and was unbelievably productive from the top spot in the order. His ability to seal bases, almost at will, made us a dangerous team as he was thrown out only once as a junior and senior."

Brown said being named All-State for the second straight year was a major honor, as he was labeled as one of the top players in the division. He said this shows how hard he has worked for Belmont over the years, as that his work has paid off. He agreed with Leblanc that his best game was against Hopkinton where he went 2/4 with a pair of doubles for the only extra base hits of the day.

"It was a special game that I left my all out on," said Brown.

Brown, a senior, said he will miss playing for Belmont but he knows the legacy will live on and his fellow seniors will do big things down the road. He has one more day of baseball playing in the Twin State Classic on June 22.

In the fall he will at-

tend the University of Southern Maine where he will be playing soccer.

"I will still always root on my Raiders and I can't wait to hear what they can do next year on the diamond," said Brown. "Once a Raider always a Raider."

Sottak is the youngest player on the team as a sophomore and has already made a name for himself. He batted .360 and had 17 steals this season. He added a homer, 13 RBIs and a team high 21 runs scored.

"Our youngest player on the team, Nate stood out as strong defensive player in center and left field, a pitching project who gave us some important innings, and a strong offensive force," said Leblanc. "Nate is known for his great at bats and is super competitive. He approaches each at bat with something to prove and has a knack for getting on base and being productive. We are going to rely heavily on him over the next two years and he has the mindset and skill set to help toward our success."

Sottak said it was a humbling feeling to know that he achieved the honor of All-State this year. As a player, he said it motivates him to keep working to get better and hopefully win a championship. He felt his top game of the year was a home game against rival Franklin. This is where he got his swing together and pro-



BOB MARTIN

Brett Auclair was a second team All-Stater this season.



BOB MARTIN

Nate Sottak made third team All-State as a sophomore.



BOB MARTIN

Austin Didsbury was a third team All-Stater for Belmont this spring.

elled his season.

Coming into the playoffs as a one seed, Belmont put itself into a position to succeed with a dangerous lineup from top to bottom. He has high hopes for years to come, but he said it hurts that the team couldn't get that elusive

title this spring with players he has played with since little league. Losing six seniors will be tough, he said, but with a strong group of eighth graders coming up and a solid core, Sottak feels the Red Raiders can do big things yet again.

"I'm excited to see where next season takes us," said Sottak.

Austin Didsbury and Brett Auclair made third team All-State for the Red Raiders. Didsbury batted .311 with six doubles and 16 RBIs.

"He played a high level in right field and logged some important innings on the mound," said Leblanc. "Austin had a solid season at the plate and was toward the top in all categories. The highlight of the season for him came in the semifinal where he gunned an advancing runner down at home plate. Austin had one of the best outfield arms in the division, played as hard as anyone, and his toughness is second to none."

Auclair batted .268 with 12 RBIs, but he was most known for his pitching. He was 4-2 with a save and a 1.58 ERA and 20 strikeouts this season as the team's number two starter.

"He merged as reliable number two pitcher throughout the season highlighted by big wins against Raymond and Winnisquam where he was efficient with his pitches and kept runners off base," said Leblanc. "A true power threat from the cleanup spot, Brett has a tendency to hit balls hard where they are pitched and hits to all fields with power. Though he took the loss in the semifinal, Brett pitched his heart out and gave us every opportunity to win."



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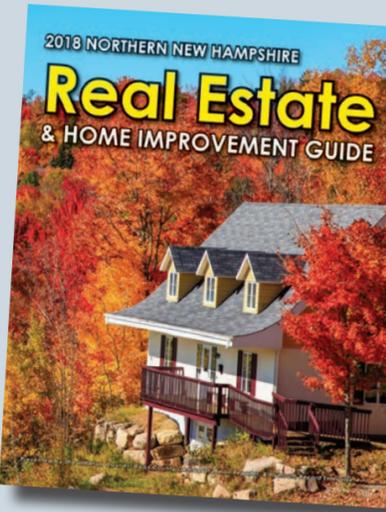
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This auction will take place at the family homestead under a tent. Limited seating will be available, so feel free to bring your own comfy chair! **FEATURING - Furniture:** 7-8' cherry drop-leaf harvest table; cherry drop leaf table; country plank seat chairs; Boston rocker; many dressers, chests, commodes, tables & stands; sofa w/reclining chairs; other chairs; oak firehouse chair; vintage pink vinyl king-size headboard; green vinyl arm chair; lift-top blanket chest; wicker porch chairs; wooden benches; bookcase; metal office chair; hand carved lift-top card table, c1830; birdcage Windsor chair; enamel drop-leaf work table; formica top work table. **Art:** Oil on canvas, Old Man of the Mountain w/Profile Lake; o/c family portrait; o/c local farm scene, signed; o/c White Mtns. NH; Sawyer, White Mtns; o/c in Gesso frame, 1850; 3 watercolors by Agnes Stone; o/b, White Mtns; o/b folk girl w/deer; 2 lg. wooden parquet art by J.N. Beck; bird prints; 9 o/b signed SAM (Martin); o/b by D.L. Kennedy; Geo. Washington piece, framed. **Clocks:** Tiffany ship's clock; alabaster mantel; steeple w/reverse painting; calendar wall; 1920's banjo; Eastlake mantel; mahog. wall; Regulator; mahogany dresser; brass table; ship's clock; Ridgeway grandfather; signed barometer; cast iron lamp holder w/clock. **Rugs & Pads:** large needlepoint rug art; lots of asst'd needlepoint & braided table & chair pads; Oriental area rug; Turkish woven area rug. **Glass/China/Pottery:** Cathedral pickle bottles; early olive oil bottle; Buffalo Pottery redware plate, c1908; French rooster plates; blue willow covered dish; English Titian ware plates; Majolica; Rose Medallian; brown/white plate; chocolate pot; porcelain figures; sm. Toby pitcher; asst'd rooster cups; German porcelain figures; pansy butter pat; Old Man transferware tile; asst'd blue/white transferware plates; 1950's roosters, cream pitcher; biscuit jars. **Silver/Gold/Jewelry:** asst'd silver & silver plate flatware, serving pieces, souvenir pieces; coin silver spoon set; coin silver Balsam's Hotel spoon; velvet covered jewelry box; vintage pill boxes & compacts; hair decorations, incl. silver, jet; vintage gold, silver, costume jewelry; dance card pen w/tassel; American & foreign coins. **Outdoor/Tools:** Cub Cadet LTX 1045 riding mower; snowblower; Silver Pro 6/5HP push mower; asst'd hand/power shop tools, access; primitive toy tray; Stellar binoculars. **Misc:** Rooster weather vane, c1930's; Franconia gristmill mill stone, c1830; iron cauldron; Towle trays, candleholders, match safes, etc; mirrors, incl. w/reverse painting, c1820; vintage greeting cards; old Singer sewing machine; wooden sewing tape measure; other sewing items; Shaker band boxes; firkins; wooden boxes; mini Arts & Crafts frame; wood rooster egg cups; candle lantern; cast iron scotty dog door stop, other; door knockers; bronze baby bookends; cricket boot jack; early brass bell; old rubber boots; lamps; baskets; Balfour Budget Bank; bird houses; wooden drying racks; bird cage; Health-o-Meter scale; vintage wedding dress; quilted cape; Hohner Melodica Soprano; Abercrombie, NY handwarmer; postage stamps; guitars; lots of record albums; books, incl. Heart of the White Mtns; games; Mickey Mouse plastic figure; folk art wooden horse cart; old Rossingol skis; tennis rackets; old NH license plates; microwave; Frigidaire chest freezer; Hotpoint washer; Whirlpool dryer. **PREVIEW: Saturday, 6/22: 8-10AM. TERMS OF SALE: 13% BUYERS PREMIUM (10% w/cash or check with proper ID); all items sold AS IS; all sales final. Refreshments available.**

**Ammonoosuc River Auction Company**  
Michael J. Carver, Auctioneer  
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- Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)
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- Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)
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**OLD NH FISH** and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email [lori@salmonpress.news](mailto:lori@salmonpress.news)

### Personals

Attractive, intelligent, warm, creative, energetic Lady. Loves good conversation, humor, books, movies, theater, trail walks, exploring, and more. Non-smoker. 60's or about write Misty, Box 523, Wolfeboro Falls, NH 03896.

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Shane - Shetland Sheepdog  
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**2001 Ranger 522VX Commanche** bass boat. 22' long. New electronics. 225HP Yamaha motor. Fuel injected - 2 stroke outboard. Dave's Motorboat Shoppe, Gilford. Call 603-293-8847.

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Newfound Lake area. Established co. has full and part time positions available. Must be at least 18 years old with a clean driving record. No experience needed \$15/hr to start, more with experience. Chris 603-744-2195

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**Program Coordinator** for Campus Ministry Program at Plymouth State University, Part-time, 10 months at \$1,000/month. College under-graduate degree required. For full job description contact Larry Spencer at [ucm.psu@gmail.com](mailto:ucm.psu@gmail.com).

### Professional/ Technical

**Christian Education Director**, part-time, Plymouth Congregational United Church of Christ. Est. 13 hours/week includes Sundays. Minimum required: Associates Degree. CE Programs for children, youth. Competitive salary. Send letter and resume to Human Resources, Plymouth Congregational UCC, PO Box 86, Plymouth NH 03264.

### Professional/ Technical

**City of Berlin, NH**  
**Fire Chief**  
The City of Berlin, NH, is accepting applications for the full-time position of Fire Chief. The Fire Chief is responsible for planning, organizing, directing and participating in Fire Safety, EMS activity operations and Building Code Compliance including supervisory and administrative work in planning, organizing, budgeting, staffing, managing, and directing all administrative and technical aspects of the Fire Department and Code Enforcement.  
Candidates should have significant experience in fire prevention, fire-fighting, staff leadership and training and giving public presentations. Experience in building code enforcement is preferred. Candidates should possess an Associate's Degree in Fire Protection, Fire Science or Public Administration and five years' experience as a Fire Captain or higher rank. The position includes full City benefits. Pay will be determined based on the qualifications and experience of the candidate.

Job description is available at the City Manager's Office (603-752-7532), Berlin City Hall, 168 Main Street, Berlin, NH 03570, Monday thru Friday between the hours of 8:30 am and 4:30 pm. Interested applicants should submit a resume and letter of interest to the City Manager's Office, City Hall 168 Main Street, Berlin, NH 03570, (603-752-7532), or e-mail to [info@berlinnh.gov](mailto:info@berlinnh.gov) by Friday July 12, 2019.

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### Real Estate

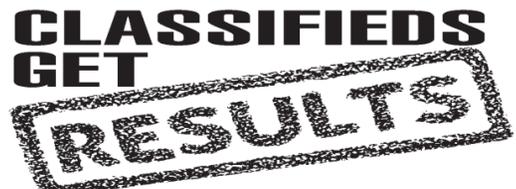


**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination."  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777  
For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301  
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You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to duhlman@belletetes.com.

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**North Country Home Health & Hospice Agency**

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We are currently looking for a reliable and compassionate **Evening Shift Licensed Nursing Assistant** to join our Woodsville team. We offer a competitive salary and benefit package as well as a \$1,000 sign on bonus! Staff are assigned a laptop, a cell phone and are given the autonomy to manage their own case load with efficiency and flexibility!

For more information, please contact **Jennifer Everleth, Human Resources** (603) 444-5317 or [jeverleth@nchha.org](mailto:jeverleth@nchha.org)  
Apply online at [www.nchha.org](http://www.nchha.org)

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

**TOWN OF MOULTONBOROUGH POLICE OFFICER**

The Police Department is actively seeking candidates to fill present and future vacancies for full time patrol officer position(s). Join the team of dedicated professionals in this community oriented, law enforcement agency serving a population of 4,000 yr. round to 24,000 seasonal residents. Located in the northern Lakes Region of NH on Winnepesaukee and Squam Lake, a short drive from the White Mountain National Forest.

Successful candidate(s) will be at least 21 years of age, U.S. citizen, high school graduate or equivalent, have a current driver's license, ability to pass comprehensive physical agility, background investigation, psychological and polygraph examinations. Those without current NH certification are encouraged to fully explore requirements, including the NH Police Standards & Training Council's physical agility test before applying ([www.pstc.nh.gov/faqs](http://www.pstc.nh.gov/faqs)). Special incentive package will be offered to those hired that possess a current full time NHPSTC certification. Please submit letter of interest, resumé and standard Town application form available on Town's website, [www.moultonboroughnh.gov](http://www.moultonboroughnh.gov) (Employment Opportunities) or Town Hall, to Walter P. Johnson, Town Administrator, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled. EEO Employer.



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ED Technician                          Unit Secretary  
RN    Perioperative RN

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

**EOE**



**TILTON-NORTHFIELD WATER DISTRICT**

**Water Operator**

The Tilton-Northfield Water District is accepting applications for a full time permanent Water Operator position. The position will perform skilled and semi-skilled work involving the operations and maintenance of a water treatment and water distribution system. Position requires a current New Hampshire driver's license, ability to lift 80 lbs., heavy equipment operating experience; being able to respond to emergencies, be on a rotating on-call schedule and live within 15 minutes of the District. Overtime is required.

Minimum qualifications include a high school diploma or GED; possession of a NHDES Grade 1 Water Treatment and Grade 1 Distribution License (or must be willing to obtain these licenses within the first year of employment).

The Tilton-Northfield Water District offers a competitive hourly rate and benefits package. Please send letter of introduction with resume and references to: Tilton & Northfield Aqueduct Co., Inc. 14 Academy Street Tilton, NH 03276. Or you may pick up an application at the office.

The successful applicant will be required to pass a background check, a DMV check and a drug test. EOE/ADA/AA

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\*\*\*\*\*      \*\*\*\*\*      \*\*\*\*\*      \*\*\*\*\*

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Please visit <http://interlakes.org/employment.html> for Support Staff and Coach Applications.

**All applications should be submitted to:**  
Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
Inter-Lakes School District  
103 Main Street, Suite 2, Meredith, NH 03253

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**Ashland Elementary School  
2019-2020 School Year  
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[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
Ashland School District  
103 Main Street, Suite 2, Meredith, NH 03253

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Campton Elementary School**

**2019-2020 School Year**

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Campton Elementary School  
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# Free tennis clinics start next week

REGION — Free junior summer tennis begins for another season on Monday, June 24, throughout the Lakes Region for kids grades one through eight and even adults in some locations. Franklin, Tilton, Moultonborough, Meredith, Laconia and Gilford are all part of the Advantage Kids free summer tennis program.

In Franklin, lessons are at Odell Park on Monday and Wednesday evenings from 5:30 to 8:30 p.m. Kids grades one through eight are welcome to participate in this series for free, regardless of their level of experience. Certified tennis pros with decades of coaching experience are leading the free-of-charge lessons thanks to local nonprofit organization Advantage Kids.

Advantage Kids Tennis lessons also take place in Tilton at the Tilton School also on Monday and Wednesday evenings from 5:30 to 7:30 p.m., at Moultonborough's Suissevale Courts on Tuesday and Thursday evenings, at the Meredith Tennis Courts on Monday and Wednesdays, in Laconia at Memorial Field Tuesdays and Thursdays, and in Gilford at the Gilford Village Field Courts on Mondays and Wednesdays.

Kids don't need any experience, or even equipment, to be introduced to the lifelong



COURTESY PHOTO

**Coach Kamal Gosine sits with kids during last year's free junior summer tennis program, offered by local non-profit Advantage Kids. Summer tennis is starting up again on Monday in Laconia, Gilford, Meredith, Moultonborough, Franklin, and Tilton for Lakes Region kids in first through eighth grades.**

sport of tennis. The programs focus on developing the skills necessary to serve, rally, and score – so it's perfect for first time tennis players.

Once skills are developed, the kids will be playing fun organized team matches, using modified tennis balls, racquets, and court sizes so players can learn and play in a low-stress, high-fun environment. Net Generation, the youth-half of the United States Tennis Association, is sponsoring an end-of-the-season Team Challenge.

"Free tennis is the

reason we started Advantage Kids," says board president and local tennis hero Tim James. "Programs like ours are how I got my start, right here in Laconia."

Advantage Kids offers free junior summer ten-

nis lessons and events throughout the Lakes Region and New Hampshire. Most of the programs are free and all are facilitated by tennis coaches that are background checked and certified by the US Tennis Association.

"We have a good time," coach Kamal Gosine says of the summer tennis lessons, and adds, "Kids come back every year to play."

Registration for any Advantage Kids program is online through their web site, Advan-

tageKids.net. A complete list of programs, times, locations, and ages is available there. Programs run twice weekly in each location from June 24 to Aug. 5, and are open to the public regardless of experience.

## HOCKEY

CONTINUED FROM PAGE B1

thanked his assistant coach, Sean Doherty, for all the help throughout this championship season. Doherty is leaving after 11 years with the program and McQuade called him a "huge asset to the program."

McQuade said this year was special, as Tilton was a top ranked team all season. He made it clear to his players that wherever they landed in the playoffs they would be grateful and give it 100 percent. Whoever was next on the schedule was the most important team to beat.

"They played their best hockey when they had to," McQuade.

Another impressive aspect is that it is the

first championship in 17 years. The team won three Division 2 New England Championships from 2000 to 2002. The team hangs a number 17 behind its bench, which commemorates P.J. Shaughnessy, who passed away in 2002, and he said the fact that it was 17 years between titles seemed only fitting especially as he was on the last championship team.

"A 17-year hiatus was a big deal for a lot of people who put in a lot of hard time," said McQuade. "They may have come up a bit short sometimes but these are players and coaches who paved the way about how you are supposed to conduct yourself as a Tilton hockey player."

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