



THURSDAY, JUNE 7, 2018

GILFORD, N.H. - FREE

GHS Interact donation supports Rwandan students

BY ERIN PLUMMER

mnews@salmonpress.news

A fundraiser by a group of Gilford High School students will allow two children in Rwanda to go to school.

Last Thursday, Interact Club president Aria Stephan presented a check for more than \$300 to Joan and Alan Graustein of the Rwanda Children's Education Foundation during Interact's end of the year ceremony. Interact raised the money during a benefit yard sale weeks following a presentation on Rwanda and the Rwanda Children's Education Foundation.

The Rwanda Children's Education Foundation supports school and family expenses for impoverished



Aria Stephan, president of Gilford High School's Interact Club, presents a check to Joan and Alan Graustein to benefit the Rwanda Children's Education Foundation.

ERIN PLUMMER

LRPA having a busy year, looking for new programs

BY ERIN PLUMMER

mnews@salmonpress.org

Lakes Region Public Access has been busy filming and airing thousands of hours of local meetings and events and is making it more accessible to create programming.

LRPA Executive Director Grace McNamara gave a regular report to the Gilford Board of Selectmen during their meeting on May 23.

Lakes Region Public Access serves the communities of Gilford, Meredith, Belmont, Laconia, and Northwood. Most of their funding comes from subscriber

fees, though McNamara said they are always looking for new sources of revenue.

Nearly a third of their content is local meetings.

In 2018, LRPA has aired nine different Gilford selectmen's meetings that have run over 400 times. They have also run five Budget Committee meetings, including a three-part meeting, 326 times. Last year, LRPA ran 24 selectmen's meetings and nine Budget Committee and school board presentations.

LRPA has been working on new programs. SEE LRPA PAGE A10

Rwandan children. Education is free in Rwanda, but students are responsible for paying for school uniforms, supplies, and other expenses. The foundation will cover these expenses as well

as living expenses for the students' families.

In April, the organization's founder, Jeanine Mukarbega, with translation by her son, gave a presentation to GHS about the Rwandan Genocide

and the work of her organization.

Stephan said they learned of the foundation after they had worked with Interact at Inter-Lakes. Stephan said Mukarbega presentation was really

moving.

"I think we'd like to continue to do everything we can," Stephan said.

Interact held a yard sale to raise money for the Rwanda Children's Education Foundation. The amount raised was doubled by its parent organization, Gilford Rotary.

That will be enough to send two children to school and provide money for their families.

In the beginning the organization assisted the families of refugees, sponsoring 10 students. Since then the scope of the organization has expanded.

The Grausteins said they visited some of the students in Rwanda and saw their impoverished living conditions.

He also told the story of a group of students who sacrificed themselves to protect their classmates in 1994 during the Rwanda

SEE RWANDA PAGE A10

Interact celebrates a year of service

BY ERIN PLUMMER

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Gilford High School's Interact Club celebrated a school year of community service and honored its senior members last week.

Interact held an end of the year celebration on Wednesday, along with members of its parent group Gilford Rotary.

Members of Interact have logged more than 1,000 hours of community service this year.

"That really makes



ERIN PLUMMER

(Left) Incoming Gilford Rotary president John Beland presented Gilford High School's Interact Club with its own Rotary banner.

me very, very proud of you," said advisor Monica Sawyer to the students.

Sawyer said there was no way this could have been accomplished without their strong dedication.

"I say with great pride I commend you on the work you have done this year," said Rotarian Sandy McGonagle.

McGonagle said the Interact students have certainly lived up to the Rotary's motto of "service above self."

McGonagle especially recognized the work of the seniors. The seniors also received information on how they can be part of the college organization Roteract.

Interact president Aria Stephan thanked all the Interact members for the work they have done.

"Next year, I know that those of you who are staying members are going to do much more," Stephan said.

During that meeting, Stephan presented a check to Joan and Alan Graustein of the Rwanda Children's Education Foundation for money raised by an

SEE INTERACT PAGE A10

Mattress fundraiser supports two GHS organizations

BY ERIN PLUMMER

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Shoppers could get a new mattress and support performing arts and language students at Gilford High School during the annual mattress fundraiser.

The GHS cafeteria became a mattress showroom on Sunday for the fundraiser for the Performing Arts Department and the French Club.

The fundraiser was done through Custom Fundraising Solutions, a company that partners with schools across the country to sell mattresses, pillows, and sheets to raise



ERIN PLUMMER

Visitors check out the mattresses during the mattress fundraiser at Gilford High School benefitting the Performing Arts Department and the French Club.

money for schools and student organizations. Michael Logue, owner of the CFS for New Hampshire and Maine, said schools

and their groups can raise upwards of \$5,000 to \$10,000 per fundraiser.

GHS chorus director Denise San-

born said they first learned of the company through the Spanish teacher, who was acquainted with their work. The Spanish

Club was interested in doing the fundraiser, but because it was so small they wouldn't have been able to do this alone. As a result they partnered with the Performing Arts Department.

"First year we did it, we thought it was the craziest thing we ever heard of — selling mattresses," Sanborn said.

She said they had heard a lot of schools were taking part in this fundraiser and decided to give it a try. The fundraiser ended up being a big success.

"Five years later, I think we've raised over \$26,000 for the

SEE MATTRESS PAGE A10

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Let's get right to the point. This article is about minimalism, simplicity, and new books that have to do with either. We've seen this before with "The Life-Changing Magic of Tidying Up" by Marie Kondo, "The Gentle Art of Swedish Death Cleaning: how to free yourself and your family from a lifetime of clutter," and others. Since then, the minimalist movement has been thriving and peo-

ple have been burdened by fewer tasks, less clutter, and clear schedules. Practitioners find that there is value in keeping only the objects that we need and doing only the things that we have to, or that they decide they want to do. As an example, a minimalist would leave the explanation there. Others might carry on saying, "Oftentimes extra explanation is unnecessary, and frankly it tends to run on and waste time, resources, energy, and other relat-

ed terms and notions that don't really add to the discussion at all, and are extraneous." Don't need it-cut it. "Don't need it-cut it" can be applied to many aspects of our lives. Courtney Carver was a striver who was forced to figure out her priorities when she was diagnosed with Multiple Sclerosis. Her busy and expensive life of wanting more was no longer possible, but in focusing only on what mattered most to her, she was able to live more easily and with less stress, something that she wish she knew earlier. She wrote the whole story in her book "Soulful Simplicity: how living with less can lead to so much more." One attempt to find cloves in my spice cabinet will indicate that my kitchen can be decluttered. Melissa Coleman wrote "The Minimalist Kitchen: the practical art of making more with less" to help people simplify their kitchen and food habits. In manage-

able steps, she helps the reader pare down excess ingredients and kitchen tools, learn efficient cooking techniques, and streamline meal planning and shopping. The recipes are delicious. Fiction readers can get a taste with Andrew Sean Greer's Novel "Less." A failed novelist finally confronts his stagnant lifestyle when he travels abroad and learns who he is, and who he could be. It reads like a coming of age novel about a 50-year-old. Other books in recent memory include "Present Over Perfect: leaving behind frantic for a simpler, more soulful way of living" by Shauna Niequist, "The More of Less: Finding the life you want under everything you own" by Joshua Becker, and "The Unsettlers: in search of the good life in today's America" by Mark Sundeen. One major bonus to simplifying our lives-more time to read.

10:30-11:30 a.m. Join us for stories, songs, and a craft! Ages three to five with a caregiver, sign up required. Homeschool Game Club, 1:15-2:30 p.m. Teen Tabletoppers, 2:30-3:30 p.m. CPR/AED Certification Class, 3:30-6 p.m. National Safety Council Instructor Cassidy Clairmont will teach a class on CPR and AED. Class tuition includes training booklet and certification card (mailed after completion of program). Cost is \$40, sign up at the circulation desk. Conversational French, 4-5 p.m. Friday, June 8 Yoga Fun, 10:30-11 a.m. Come enjoy an introduction to yoga through songs and games! Ages two to six with caregiver. Sign up in the children's room. Social Bridge, 10:30 a.m.-12:30 p.m. Knit Wits, 1:30-2:30 p.m. Advanced Conversational German, 2:30-3:30 p.m.

Monday, June 11 Fiber Friends, 10 a.m.-12:15 p.m. Mahjong, 12:30-3 p.m. Tuesday, June 12 Bridge, 10:30 a.m.-12:30 p.m. Summer Craft Series: Felt Balls!, 5-6 p.m. Join us for our summer craft series, with something different every other Tuesday. Sign up at the front desk to make a felted wool dryer ball or air freshener. Gilford Clickers Photography Club, 6:30-7:30 p.m. Wednesday, June 13 Trustee Meeting, 8:30-10 a.m. Line Dancing, 9-10:30 a.m. Check Out an Expert, 10 a.m.-noon Thursday, June 14 Teen Tabletoppers, 2:30-3:30 p.m. Conversational French, 4-5 p.m. Foreign Movie Night, 7-9 p.m. This month's movie is "Tangerines," from Estonia/Georgia.

Gilford Public Library
Top Ten Requests

1. "The 17th Suspect" by James Patterson & Maxine Paetro
2. "Princess" by James Patterson
3. "The Fallen" by David Baldacci
4. "I'll Be Gone in the Dark" by Michelle McNamara
5. "Magnolia Table" by Joanna Gaines
6. "Shelter In Place" by Nora Roberts
7. "A Higher Loyalty" by James Comey
8. "Before We Were Yours" by Lisa Wingate
9. "The Flight Attendant" by Chris Bohjalian
10. "War On Peace" by Ronan Farrow

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CAUTION

Drivers YOU HOLD THE KEY TO OUR CHILDREN'S FUTURE

Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands. Please drive carefully.

GILFORD POLICE LOG

The Gilford Police Department responded to 663 calls for service and made the following arrests from May 14 to June 3. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld. Isabella L. Mitchell, age 21, of Gilford was arrested on May 20 for Driving While Intoxicated and a separate charge of Driving While Intoxicated (Subsequent). Arnie Stephens, age 30, of Meredith was arrested on May 20 for Theft By Unauthorized Taking in an amount less than \$1,000. Katie Hughes, age

27, current address unknown, was arrested on May 20 for Resisting Arrest or Detention, and in connection with two outstanding warrants. Janelle A. Martinez, age 46, of Gilford was arrested on May 25 for Driving While Intoxicated (Subsequent) and Breach of Bail. Katelyn Schmitt, age 25, of Gilford was taken into protective custody for intoxication on May 25 and subsequently arrested in connection with two outstanding bench warrants. Thomas Robert Bowen, age 51, of Laconia was arrested on May 26 for Aggravated Driving While Intoxicated. Garrett Musto, age 25, of Boxborough, Mass. was arrested on May 28 for Criminal Trespassing. Nikolas R. Carr, age 23, of Hopkinton was arrested on May 30 for Possession of a Controlled Drug (Marijuana) and in connection with an outstanding warrant.

Walker Boles, age 21, of Gilford was arrested on May 30 for Domestic Violence; Simple Assault; Physical Contact and Criminal Mischief. Diane Marie Bomil, age 57, of Gilford was taken into protective custody for intoxication on May 31 and subsequently arrested for a town ordinance violation and two counts of Disorderly Conduct. Billie-Jean Heath, age 30, of Tilton and Eric J. Russo, age 37, of Laconia were arrested on May 31 for Receiving Stolen Property valued at more than \$1,500. Heather Rice, age 31, current address unknown, was arrested on June 1 for Theft By Unauthorized Taking in an amount less than \$1,000. Stephen T. Carmen, age 53, of Laconia was arrested on June 2 in connection with three outstanding bench warrants. Delilah R. Rutkowski, age 27, of Merrimack was arrested on June 3 for Willful Concealment.

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Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Moment-um Pizza and Bingo on June 11

The Gilford Parks and Recreation Department is Sponsoring a Senior Moment-um Program on Monday, June 11. We will be meeting at 12:30 p.m. in

the Fellowship Hall at the Gilford Community Church. We'll be serving up slices of pizza as we enjoy some games of bingo. In addition to the pizza, garden salad and beverages will also be provided. Cost of lunch is \$4 per person and all participants will get two slices of pizza. Participants must RSVP no later

than Thursday, June 7. For more information or to RSVP, please call the Parks and Recreation office at 527-4722.

LEGO YOUR MIND Robotics Camps

The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of

June 25 – June 29. The camps will take place at the Gilford Middle School from 9 a.m. – 3 p.m. The “Super Hero Master Builders & Stop Motion Animation” is open to children ages six to nine years of age and the “EV3 Battle Bots with Heroes and Villains & Stop Animation/Minecraft” is open to children ages

nine to 14 years of age. Participants can register on-line at www.letgoyourmind.com.

Cost: \$315
For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Shooter's Gold Basketball Camp

The Gilford Parks and Recreation Department is once again inviting the Shooter's Gold Basketball Camp to come to Gilford this summer! The camp will be held in the Gilford Middle School Gym from June 25 – June 29. Session 1, for children entering grades one through four, will be run from 8 – 10 a.m. Session 2, for children entering grades five through eight, will be run from 8 a.m. – noon. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at www.hogancamps.com.

Cost (If you register before May 1): \$85 for Session I and \$120 for Session II

For more information, please contact the Gilford Parks and Recreation Department at

527-4722.4

Tennis programs

The Gilford Parks and Recreation is offering six-week tennis lesson programs for youth and adults ages five and up this summer on Mondays and Wednesdays from July 2 – Aug. 1. The Lakes Region Tennis Association will be sponsoring free lessons for children ages five to 14. Adult lessons for ages 15 and up will also be available at a cost of \$60 for the session. Session times will be broken up by age. All sessions have limited availability and registrations will be accepted on a first come first served basis. Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com.

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

Archery lessons

The Gilford Parks and Recreation Department is sponsoring a four-week session of Olympic Archery instruction, to be led
SEE REC NEWS PAGE A10



COURTESY

Twenty years a Lion

At their second May meeting, the Laconia/Gilford Lions Club hosted District Governor Lion Sam Longbook. Among other duties, Sam presented Club Secretary Lion Lois Smith with a Chevron Award marking her 20 year club membership. Also honored was club member Lion Amanda Parker commemorating her 15 year membership. (Amanda was unable to attend). "These milestones are not unusual in our club," commented Club President Allyn Bridge. "Service to others can grow to be a dedication, and Lionism becomes a life's work." To learn more about Lionism, check out the Laconia/Gilford Lions Club Facebook page or call 528-2663. Pictured here are District Governor Sam Longbook & Club Secretary Lois Smith.

Gilford Farmers' Market re-opening on Saturday, June 16

On Saturday, June 16 from 9 a.m. –noon, the Gilford Farmers' Market welcomes both its returning vendors and a nice selection of new vendors. It will be open every Saturday morning through Sept. 29. The market is located on the grounds of the historical 1838 Rowe House at 88 Belknap Mountain Rd. in Gilford Village (beside the Elementary School). There is plenty of parking.

Aaron of Winnepesaukee Woods Farm is one of the many farmers returning with an assortment of fresh produce, thanks to his greenhouses located on Hoyt Road in Gilford. Many people also enjoy picking up a bouquet of flowers from him every week. Joyce Keysar of The Shepherd's Hut Market in Gilford sells frozen lamb, plus fresh produce, maple syrup, eggs and other items. For ex-

ample, she has recipes, herbs and sauces to be used with their lamb. New to the summer Market is Our Place Farm from Loudon, specializing in frozen pork and chicken and sometimes duck, all pasture raised and drug free, plus jams and jellies. There will also be various craftspeople. Visitors may also enjoy buying a cup of coffee, a Goody-Good doughnut or any of the fresh breads, baked

goods and cookies that are available and sitting down and chatting with one another. The Gilford Historical Society sponsors the Market and money raised by the vendors' fees and the coffee table go toward the restoration of the 1838 Rowe House. The replacement of the wood shake shingles on the roof was accomplished last summer. Thanks to the Gilford Rotary Club, we are working together to renovate the ell and make that space useable. So, when shoppers help themselves by buying locally grown produce and crafts, they are also helping to preserve the Rowe House.

Old Home Day Committee hosting town-wide yard sale

The Gilford Old Home Day Committee will be sponsoring a Town Wide Yard Sale on Saturday, June 16 from 9 a.m. – 1 p.m. (rain or shine). Participants can register for a spot at the Community Yard Sale Site at the Gilford Village Field or can host a sale at their own house and register to be added to the Town Wide Yard Sale location map. Each registered yard sale site for the Town Wide

Map, will have a number and address listed on the map to help shoppers find the location of their sale.
Cost to Register:
Community Site - \$20
Town Wide Map Listing - \$10
Maps will be sold for only \$2 at Community Site at the Village Field on the day of the sale. All proceeds from registration fees and map sales

will help support Gilford Old Home Day.
Additional information and registration forms can be found in the Gilford Parks and Recreation Office or on the Parks and Rec Web site at www.gilfordrec.com. Deadline to register for a site is Friday, June 8. For more information, please contact the Gilford Parks and Recreation Office at 527-4722.

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Pet of the Week: Bella



Bella: she certainly is a sturdy girl, who loves to hug her humans, and while not overly enamored with the immediate presence of other dogs, has coped rather well with the hub-bub of shelter life at New Hampshire Humane Society.

Well muscled but lithe, rugged but sweet, with a pensive "I'm not sure what my next chapter in life will be" look on her lovely face, she waits for that perfect match.

Bella enjoys the outdoors. She likes to play and surely would be a wonderful companion of

active, energetic folks.

Her former life was a solitary one, kept not the best of circumstances, hence we prefer to place in an adults only, dog free home. Bella is ready to forgive and forget the ways of humans, in favour of those that know how to love and care for a dog whose heart is loyal and true.

Come see her in person, you will be smitten, we are sure!

Shelter is open on Weekends, 10-4 and every day except Mondays and Wednesdays. Check www.nhhumane.org

NORTH COUNTRY NOTEBOOK

*Hummingbirds arrive on the scene,
as dandelions pay heed to the winds*

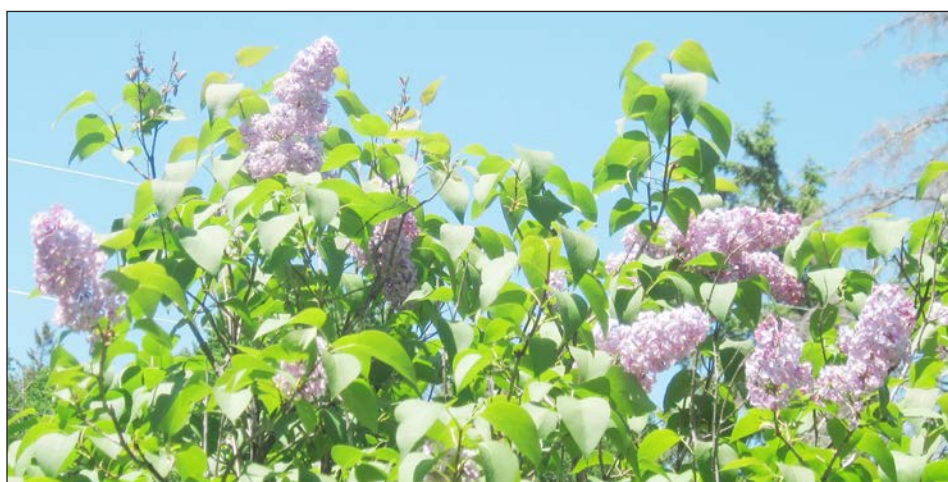


By JOHN HARRIGAN
COLUMNIST

There are lots of neat things about hummingbirds, but one I really like is the way people take ownership. It's not "The hummingbirds showed up last weekend," it's "OUR hummingbirds are back."

It's the kind of personal identification that many a habitat and wildlife organization would die for. It's called, in conservation organization and government parlance, "Being a stakeholder." In other words, the people who make and enforce the laws and do what's right for land and water want you to think you have some skin in the game. Which, of course, we all do.

This, among other things, is apt to make you feel more like donating to this or that habitat or wildlife or-



JOHN HARRIGAN

For the benefit of those who like to know the disparities in growing seasons, my lilacs came out right around the first day in June.



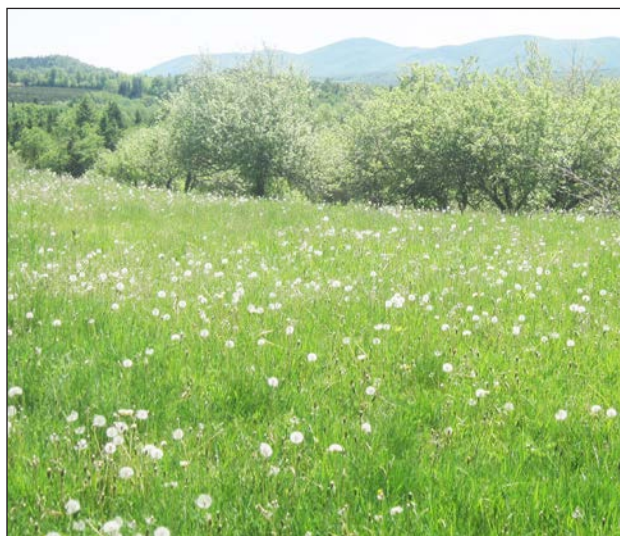
JOHN HARRIGAN

(Left) The first gust of wind that hits this clump of dandelions out behind the sheep barn will scatter their seeds all over creation.

ganization. And when the chips are down on some key piece of legislation, this kind of citizen involvement--which often has nothing to do with party lines--offers a great way to call out the troops for a crucial vote, and carry the day.

On a more local note, Virginia Carr, who for years has written community news for the News and Sentinel in Colebrook, would always let readers know when "Our" hummingbirds are back. The birds are so punctual that some stake-holders can practically predict the day they'll show up.

SEE NOTEBOOK PAGE A10



JOHN HARRIGAN

Dandelions in the front pasture almost look like a planned, planted crop, having gone to seed in a week's time, almost all at once.

FROM OUR READERS

A historical look at the Constitutionality of gun control

To the Editor:

The issue of school shootings has plagued our nation for years, and can no longer be ignored. I believe the most reasonable and effective way to protect students here in New Hampshire would be to ban the sale of bump-stocks, increase the intensity of background checks, thoroughly monitor private gun sales, and consider the ban of automatic assault rifles. I understand that many people disagree with these measures on a constitutional basis, so in this letter, I use that founding document and the context in which it was written to defend my stance.

Many supporters of the rights of gun-owners claim that the regulations I would like to see put in place would go against the original intentions of our founding fathers. This is completely true. When Madison introduced the Second Amendment in 1791, his intention was for guns to be used to allow the people to rise up against an oppressive government, not to go hunting or protect themselves from home intruders. The problem with this argument lies in the drastic differences between modern America and the America of the late eighteenth century. When the Constitution was drafted, farmers armed with muskets and cannons could rise up against a rogue government

because the governments of the time were also armed with muskets and cannons. Today, a group of private citizens, even if they were armed with assault rifles and bump stocks, would not be able to challenge the airplanes, tanks, and bombs of the U.S. military. Unless private citizens are given access to grenade launchers and atomic weapons, the original intentions of the second amendment cannot be upheld.

I would also like to point out that the men who drafted the Constitution and later passed the second amendment were just that: men. Many in American society have elevated these founding fathers to an almost divine stature, but they were human, and clearly capable of making mistakes (one of the most blatant being the decision that a slave is worth three-fifths of a white person). Therefore we should not base our current gun-control policy on the intentions of these men, but rather on the needs of our citizens.

The best, and perhaps the only way to provide for the common defense of our students, our schools, and our nation is to no longer rely on eighteenth-century politicians to guide us, and to take action based on knowledge, reason, and necessity.

Connor Leggett
Gilford

Gilmanton Supplemental Assistance Program: A worthy cause

To the Editor:

People often find themselves torn when it comes to making decisions about charitable contributions. Where would that contribution make a difference? How can I make a local impact? How much is enough? Gilmanton Supplemental Assistance program may be the answer.

This nonprofit organization was started in 1991

with the sole intent to assist Gilmanton individuals and families who cannot find assistance elsewhere. GSA does not give money directly to the individuals in need. Payments might be made to a fuel company or an auto repair shop to assist with an overdue bill. Our goal is to bridge a gap allowing time for families or individuals to get back on their feet. The nature of the help that Gilmanton Supplemental Assistance provides and the confidentiality in which it is done tends to make this organization little known. We rely on community members for financial support. Taking the time to help someone in our own community is a most rewarding experience. It is this bond that makes Gilmanton such a remarkable town. Please take the time to consider a tax deductible donation to this worthy program.

Please mail donations to:
Gilmanton Supplemental Assistance
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Gilmanton, NH 03237
Thank you.

Laura Latici
Trustee

Gilmanton Supplemental Assistance Program

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PLYMOUTH — Granite United Way’s annual campaign mobilizes more than 20,000 donors and corporate supporters to raise more than \$8.8 million across the state of New Hampshire and Windsor County, Vt. The campaign benefits more than 750 nonprofit agencies and programs providing services to more than 350,000 individuals. Volunteers are mobilized from each local region in its footprint to review and vet proposals and make funding decisions based upon strict criteria that ensures investments are held to the highest standards and are producing the greatest, most cost-efficient impact. In addition to the volunteer-led grant investment process and donor designation program, initiatives like Volunteer Income Tax Assistance (VITA), the 2-1-1NH information & referral line and FamilyWize, a prescription drug discount program deliver a combined total of nearly \$14 million in support to residents across New Hampshire. Local volunteers on SEE **UNITED WAY** PAGE A11

Community Action Program announces Summer Food Service schedule

REGION — The Community Action Program of Belknap-Merrimack Counties, Inc., in cooperation with local school districts and community organizations, is pleased to announce the sponsorship of the Summer Food Service Program. Children, 18 years of age and younger, enrolled in the programs listed below are eligible to receive free breakfast and lunch.

Rundlett School
144 South Street
Concord, NH 03301
July 10 – August 9
Tuesday – Thursday
August 20- August 24
Monday- Friday
Breakfast: 8:15-9:15
Lunch/Supper: 11:30-12:00

Beaver Meadow School
40 Sewalls Falls Road
Concord, NH 03301
July 9 – August 24
Monday – Friday
Breakfast: 8:00-8:30
Lunch/Supper: 11:15-11:50

Broken Ground School
51 S. Curtisville Road
Concord, NH 03301
June 18 – August 25
Monday – Friday
Breakfast: 7:45-8:45
Lunch/Supper : 11:00-12:15

Concord High School
170 Warren St
Concord, NH 03301
July 9 – August 10
Monday - Friday
Breakfast: 8:15-9:15
Lunch/Supper: 11:30-12:00

Concord Boys & Girls Club
55 Bradley Street
Concord, NH 03301
June 18 – August 24
Monday-Friday
Breakfast: 7:30 – 8:30
Lunch/Supper: 11:30 – 12:15

Abbot-Downing School
152 South St
Concord, NH 03301
July 30 – August 24
Monday – Friday
Breakfast: 8:00-8:30
Lunch/Supper: 11:15-12:00

Heights Comm. Center
14 Canterbury Road
Concord, NH 03301
June 18 - August 10
Monday-Friday
Breakfast: 7:45-8:30
Lunch/Supper: 11:45-12:30

Mill Brook School
53 S. Curtisville Road
Concord, NH 03301
July 9 – August 24
Monday – Friday
Breakfast: 8:00-8:20
Lunch/Supper: 11:30-12:00

Allenstown Boys & Girls Club
8 Whitten Street
Allenstown, NH
June 18 – August 24
Monday-Friday
Breakfast: 7:30-8:30

Lunch/Supper: 11:30-12:15

Lakes Region Boys & Girls
876 N. Main Street
Laconia, NH 03246
June 18 – August 24
Monday-Friday
Breakfast: 7:30-8:30
Lunch/Supper: 11:30-12:15

Christa McAuliffe School
17 N. Spring St
Concord, NH 03301
July 9 – August 24
Monday – Friday
Breakfast: 8:00-9:00
Lunch/Supper: 11:00-12:00

Laconia Middle School
150 McGrath St
Laconia, NH 03246
July 9 – August 10
Monday – Friday
Breakfast: 7:30-8:30
Lunch/Supper: 11:00-11:30

Elm Street School
478 Elm Street
Laconia, NH 03246
July 9 – August 10
Monday – Friday
Breakfast: 8:10-8:30
Lunch/Supper: 11:30 – 12:00

Woodland Heights School
225 Winter Street
Laconia, NH
July 10 – August 9
Tuesday – Thursday
Breakfast: 8:30-9:00
Lunch/Supper: N/A

Opechee Day Camp
915 North Main Street
Laconia, NH 03246
June 25 – August 24
Monday – Friday
Breakfast: 8:15-8:45
Lunch/Supper: 12:00-12:30

Laconia High School
350 Union Ave
Laconia, NH 03246
June 27 – July 13
Monday – Friday
Breakfast: N/A
Lunch/Supper: 11:30-12:00

Bristol Elementary School
55 School Street
Bristol, NH 03222
July 10 - August 2
Tuesday – Thursday
Breakfast: 10:00-10:20
Lunch/Supper: N/A

Tapply Thompson CC
30 N. Main Street
Bristol, NH 03222
June 25 - August 24
Monday – Friday
Breakfast: 8:15-9:15
Lunch/Supper: 11:30-12:30

Newfound Regional HS
150 Newfound Road
Bristol, NH 03222
August 14 –August 24
Tuesday - Friday
Breakfast: 8:30-9:00
Lunch/Supper: 12:00-12:30

The Pines Community Center
61 Summer Street
Tilton, NH 03276
June 25 – August 17
Monday- Friday
Breakfast: 8:30 – 9:00
Lunch/Supper: 12:20-12:50

Franklin Parks & Recreation
12 Rowell Drive
Franklin, NH 03235
June 25 - August 31
Monday – Friday
Breakfast: 9:00 – 9:30
Lunch/Supper: 12:30-1:00

Franklin Middle School
200 Sanborn Street
Franklin, NH 03235
July 9 – August 3
Monday-Thursday
Breakfast: 8:00-8:30
Lunch/Supper: N/A

Franklin Boys & Girls Club
15 Elkins St
Franklin, NH 03235
June 18 – August 24
Monday – Friday
Breakfast: 7:30-8:30
Lunch/Supper: 11:30-12:15

Paul Smith School
41 Daniel Webster Drive
Franklin, NH 03235
July 9 – August 9
Monday - Thursday
Breakfast: 8:30 – 9:00
Lunch/Supper: 12:00 – 12:30

Drake’s Field
Route 107 Barnstead Road
Pittsfield, NH 03263
June 26 – August 1
Monday - Thursday
Breakfast: 8:10-8:30
Lunch/Supper: 11:40-12:00

Newfound Memorial Middle School
155 North Main Street
Bristol, NH 03222
July 10- August 2
Tuesday - Thursday
Breakfast: 10:00-10:20
Lunch/Supper: N/A

Mildred C. Lakeway School
@Littleton High School
159 Oak Hill Ave
Littleton, NH 03561
July 2 – July 26
Monday – Thursday
Breakfast: 8:30-9:00
Lunch/Supper: 11:00-11:30

The Community Action Program of Belknap-Merrimack Counties, Inc. in cooperation with the Concord Royal Gardens, Littleton Recreation Department, and the Franklin Parks & Recreation Department is pleased to announce the sponsorship of the Summer Food Service Program. Any children 18 years of age and under will be served free meals at the following locations and times:

Concord Royal Garden Apartments
15 Concord Gardens
June 20 - August 24
Monday-Friday
Breakfast: N/A
Lunch/Supper: 11:45 – 12:15

Littleton Recreation Dept.
@ Littleton High School
159 Oak Hill Ave
Littleton, NH 03561
June 18 – August 24
Monday – Friday
Breakfast: 8:00-9:00
Lunch/Supper: 11:30-12:30

Franklin Parks & Recreation
@ Franklin High
119 Central St.
Franklin, NH 03235
June 25-August 231
Monday - Friday
Breakfast: N/A
Lunch/Supper: 12:00-12:45

...AND JUSTICE FOR ALL

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State of local Agency that administers the program or USDA’s TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information is available in languages other than English. To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S Department of Agriculture
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Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers. **Obituaries** can be sent to: obituaries@salmonpress.com **Wedding, engagement, and anniversary announcements** are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

*Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding
the submission process.*

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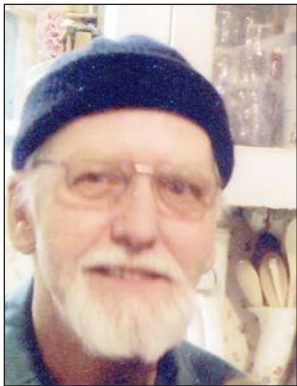
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Hendry D. Champagne, 79

LACONIA — Henry D. Champagne, 79, died Tuesday, May 29, 2018 at the Laconia Nursing and Rehabilitation Center.

Henry was born Jan. 14, 1939 in Laconia, the son of Henry and Mildred (Ricard) Champagne. He was a lifelong resident of Laconia. He served in the United States Marine Corps from 1956 to 1959. Henry worked for Scott & Williams in Laconia, and also for the Laconia State School for many years before retiring from New Hampshire Ball Bearing. He was a life member of the Laconia Rod & Gun club and enjoyed dancing to country music and old time rock n’ roll. Henry was generous and kind and was always willing to help. He also liked to hunt and fish, Red Sox baseball and golf.

Henry is survived by his wife, Jean (Riff) Champagne; two sons, David Champagne and his wife Bonnie and Michael Malcolm and



his wife Wendy Phillips; two daughters, Peggi Cook and Christine Russell and her husband Darren; two step-daughters, Holly Bennett and her husband Henry Gerber and Rosemarie Brown and her husband Howard; a brother, Robert Champagne; a sister, Rita Giguere; many grandchildren and great-grandchildren, as well as many nieces and nephews. In addition to his parents he is predeceased by three sisters, Betty Burns, Shirley Bryson and Fay Simone Clark and a brother, Richard Champagne.

Calling hours were held from 10 to 11 a.m.

on Saturday, June 2, 2018 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral service followed at 11 a.m., also at the funeral home.

Burial took place in the family lot at Sacred Heart Cemetery, Garfield Street, Laconia.

Following the burial, a pot luck supper was held at the Laconia Rod & Gun Club, 358 S Main St., Laconia.

For those who wish, memorial contributions may be made to the Laconia Rehabilitation Center- Resident Council Fund, 175 Blueberry Lane, Laconia, NH 03246.

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

Annette I. Florence, 79

LACONIA — Annette I. Florence, 79, of Laconia, died Tuesday, May 29, 2018 at the Jack Byrne Center for Palliative & Hospice Care in Lebanon.

She was born on Oct. 5, 1938 in Laconia, the daughter of the late Joseph P. and Blanche L. (Goupil) Carrier.

She is survived by her daughter, Natalie Cardinal, and her husband Alan of Laconia; her brother, Joseph "Norm" Carrier of Mesa, Az.; a sister-in-law, Elaine carrier of Laconia; her grandson, Russell Douglas of Northfield; a granddaughter, Tayah Moore of Northfield; her nephews, Norman and Tyson Carrier of Mesa, Az.; her niece by marriage, Samantha Worster of Belmont; and her grand dog, Marley.

Annette had numerous careers; she worked



as an usher at the Colonial Theater, as a telephone operator and also as a waitress at numerous restaurants gone by, such as the Alberg, the Captain's Table, Kings Shore Diner and the Tavern. She loved to laugh and play jokes on friends. Annette enjoyed spending time with family and friends. A good book was always by her side. She also loved animals.

Calling hours were held from 5 to 7 p.m. on Tuesday, June 5, 2018 at

the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A graveside service will be held at 10:30 a.m. on Thursday, June 7, 2018 at the Sacred Heart Cemetery, Garfield Street, Laconia.

In lieu of flowers, memorial contributions may be made to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03247 or to Central NH VNA & Hospice, 780 North Main St., Laconia, NH 03246.

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

Central VNA offers “Living Well While Aging”

ALTON — Free and open to the public, Central New Hampshire VNA & Hospice invites you to Living Well While Aging on June 20 at the Alton Senior Center, 7 Pearson Rd., Alton. The presentation will last approximately 45 minutes, 10:30 – 11:15 a.m., with time for questions and answers. All are welcome.

Susan Kelly, MPA OT/L, CEAS, is an occupational therapist who has been providing homecare in the Lakes Region for more than 20 years. She will discuss strategies and practical techniques to help you live well while aging. Some of the topics to be discussed will include: healthy foods

and nutrition, fall prevention, home safety modifications and exercise. An information packet will be provided.

This presentation, like all Central VNA offerings, is free and open to the public. Come learn some new tips and tricks, and make your silver years, or those of an aging parent, happy, healthy and full of life.

About Central New Hampshire VNA & Hospice
Central New Hampshire VNA & Hospice knows that people are happier, and do better, at home. They can help you stay there. Birth to bereavement, they have served Lakes

Region communities since 1918. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider and is licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees from both the Wolfeboro and Laconia regions and is supported by private and corporate donations. www.centralvna.org.

Boater’s Fair to be held in Laconia Saturday

LACONIA — The Lakes Region Sail and Power Squadron will host a "Boater's Fair" on Saturday, June 9 from 3 to 6 p.m. at the Beane Conference Center, 35 Blueberry Lane, Laconia. The event is open to all boaters and potential boaters. Representatives from our sponsoring businesses will be there to meet and speak with attendees. Members of the Lakes Region Sail and Power Squadron (LRSPS), a unit of the United States Power Squadrons, America's Boating Club, will also be there to discuss the various activities of

LRSPS, which include multiple boating courses and Vessel Safety Checks. The LRSPS' main focuses are safe, educated boaters, safe boats, and making and maintaining friendships with fellow boaters.

In addition to the "meet-and-greet" activities, we will have other activities, educational and fun events for the whole family, from knot-tying, the "150-foot rule" test, "casting for kids", and others. You'll have the opportunity to test your boating skills on the Power Squadron's boating skills virtual

trainer. "Drive" a "Boston Whaler" on a lake, performing various basic maneuvers and operations.

Sponsors of the Boater's Fair include Fay's Boatyard, Holderness Harbor Marina, Irwin Marine, Lanes End Marina, Melvin Village Marina, New Hampshire Boat Museum, New Hampshire Mobile Marine Towing Services, Wally's Marine Services, Wild Meadow Paddlesports, and Winnisquam Marine on Winnepesaukee.

The fair is open to the public; admission is free. We hope to see you there.

31st Annual Central NH VNA & Hospice Home and Garden Tour set for July 11

WOLFEBORO — Four delightful, uniquely different homes will be open for your touring pleasure on this year’s thirty first Annual Home and Garden Tour sponsored by Central New Hampshire VNA and Hospice. The tour will take place on Wednesday, July 11 from 10 a.m. until 4 p.m. in the greater Wolfeboro area. This year’s homes include a totally renovated Cape and barn originally built in the 1790’s and located on eleven acres of spacious farm land. A second Cape has magnificent views of both

Barndoor Island and Gunstock Mountain and was built in 1999 as a retirement home. Also featured on the tour is an in-town, beautifully decorated turn of the 20th century home and a recently constructed, large lake home situated on two and a half acres of beautifully landscaped grounds, perched overlooking a cove on the Big Lake.

Tickets for the event will go on sale on June 9 at Blacks Paper and Gift Store, 8 South Main Street in Wolfeboro. The ticket price is \$40. There is also an optional luncheon

ticket available for \$15. This year’s luncheon will be held at the newly restored Pickering House Inn. Luncheon tickets are limited and must be purchased in advance. Only cash or check will be accepted at Blacks. New this year is the option to purchase tickets online. Please visit www.centralvna.org/tour for more information regarding on-line purchases or call Leslie Ari, Director of Fund Development at 1-800-244-9849.

House tour committee members will once again be selling the popular Dine Around

Raffle tickets every Saturday morning beginning June 9 at Harvest Market, 36 Center St., Wolfeboro. More than 50 area restaurants participate in this yearly event.

All proceeds from the tour, luncheon and raffle benefit the hospice program of Central NH VNA & Hospice. Hospice provides care and support to individuals and their families with an emphasis on quality of life, comfort, dignity and respect. For more information about the hospice program, contact 524-8444 or go to centralvna.org.

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

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Ad Council

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Leadership Group turns 20!

MEREDITH —Leadership Lakes Region, the leadership and educational non-profit group, recently celebrated its 20th annual graduation ceremony. Sponsored by the Bank of New Hampshire for the 20th consecutive year, the graduation was held at the Carriage House of Church Landing. Keynote speaker was Bank of New Hampshire President and CEO, Paul Falvey.

Attending the 20th graduation were three of the original founders of the leadership group; Adrienne Stevens, Eliza Leadbeater and Bill Seed. They were joined at the Honored Guest table by current Leadership Lakes Board member and graduate of the original Class of 1998, Dr. Leo Sanfacon.

Reflecting back on the success of the organization, the group acknowledged with thanks the sponsor-



The graduating class of Leadership Lakes Region 2018. (Unavailable for photo Janet Brough and Steve Aiken.)

ships received through the years from Bank of New Hampshire, Meredith Village Savings Bank, Northeast Delta Dental, LRG-Healthcare, Grappone Auto Group, Regency Mortgage, Gunstock Mountain Resort, Centerplate Foods at Gunstock, Melcher & Prescott Insurance, Baron's Major Brands, Granite United Way,

Eversource and Make-a-Wish NH.

"We simply could not afford to provide the variety of activities for our class members each year without the financial support of our sponsors," said Board Chair and founding member, Don Morrissey.

The 22 graduates watched a look-back video of their program

year which was assembled by alumni planners, Bambi Benton, Tony Bean Burpee and Jessica Beane. Bean Burpee narrated the video and invited graduating class members to share their memories of each special day. The graduation was preceded by Lakes/Environmental Day for the Class. Once again sponsored by Meredith Village Savings Bank, the day was held at the Squam Lakes Natural Science Center. Audrey Eisenhower, SEE LEADERSHIP PAGE A11

Don't miss George Hamilton as "Evel Knievel" on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (June 8 & 9) for our "LRPA After Dark" presentation of 1971's "Evel Knievel," starring George Hamilton.

"Evel Knievel" is a somewhat satiric but good-natured biography of Bobby "Evel" Knievel (Hamilton), famed motorcycle daredevil and self-proclaimed "last American gladiator." As the film opens, Knievel is at California's Ontario Motor Speedway, preparing for his next big stunt: jumping his bike over 19 automobiles. Knievel begins to reflect on his life and memories, and so the story is told in flashback. We see Knievel as a young boy, attending his first daredevil show, with tragic results; we see Knievel as a young man, full of ego and wild charm; and we see him in the present day, facing greater stunts and crazy chal-

lenges.

"Evel Knievel" is one of several biopics of the late, great stunt rider, but for many of his fans, this one is the very best. Don Druker of The Chicago Reader summed it up by writing, "George Hamilton's performance as the amiable megalomaniac is an affectionate portrait of a truly crazy man, rounded out with casual, throwaway humor." What better way to end Motorcycle Week? So grab your popcorn and meet us after dark for this bike-filled cult classic. Not a MetroCast subscriber? Log onto Livestream (Livestream.com/lrpatv) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus

in Laconia. LRPA cablecasts locally on Atlantic Broadband Channel 24 (public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government and school meetings) to nearly 11,000 viewers in our member towns and cities of Belmont, Gifford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that:

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

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

MARK ON THE MARKETS

Impact investing



BY MARK PATTERSON

Impact investing is a new term used for what I used to know as "Socially responsible" or "Green" investing. The premise behind this "Impact" investing is that you are to invest in companies that do not impact your social beliefs, religious beliefs, sexual orientation, guns, tobacco, alcohol or a litany of other issues that may be offensive to you or that you just do not care to invest in. It is a matter that should be discussed with your advisor or from my perspective, my client. Over the years of advising people on investing money, I have acquired clients that do have concerns about how and where their money is invested. Not that any of them have the same wants or needs, but in fact when you really drill down to what people care about, it is very specific from client to client, and even different within the same household.

Don't get me wrong, I am all about giving people what they want. It just happens that when the list of things they do not want to in-

vest in grows to a point, then finding companies that can make money for them starts to shrink. Setting realistic parameters often helps; for instance, finding a compromise with companies that meet most of their objective, but maybe not all. Most mutual funds would have to be excluded because there are only a handful of Impact funds that are very general in nature that do not satisfy the specific request of the client. Finding companies that meet a good portion of the clients wants take some work to find acceptable companies, however I think in the long run making these choices will give my client more satisfaction and a feeling of more control over their money.

Many clients just want to make money, regardless of the company stock that we buy, and that is fine. Some of the best companies to buy in certain economic cycles are known as defensive companies. These stocks often are

in companies involved with tobacco, alcohol, food, big pharma or energy that make up some of the stocks that "impact" investing eliminates.

If you do want to invest your money in an impact style, just remember you still have to diversify, and that can be the tricky part. Talk to your advisor about impact investing and make sure they are able or willing to take the time to research companies that meet your criteria. If your advisor tells you it is a bad idea or does not want to do it, find an advisor that that will work for you. After all, it is your money and conscience.

Steve Jobs, a founder of Apple, said "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what believe is great work."

Mark Patterson is an investment advisor that can be reached at 447-1979 or Mark@mhp-as-set.com.



SUMMER SCHEDULE

- June 9 Women's Intro to Handgun
- June 9 Know your Gun
- June 10 Mixed Intro to Handgun
- June 23 Defensive Handgun 2/3
- June 24 Defensive Carbine
- June 28 Malfunction Junction

VISIT WEBSITE FOR ADDITIONAL AND MORE DETAILED COURSE INFORMATION
WWW.GoRFT.COM 603-636-2167

SUPER SENIORS LIVING WELL

A page dedicated to our vital seniors, their health, well-being, & happiness

Published June 14th into the Winnisquam Echo, Meredith News, Gifford Steamer Plymouth Record Enterprise & Newfound Landing!

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Beth at 279-4516 ext 110 beth@salmonpress.news



Belknap Subaru teams up with the Timmons Team

TILTON — The Timmons’s Team is an organization that works hard to raise money for Alzheimer’s research. The Team sponsors a 5K run, which is great fun, and raises vital dollars for Alzheimer’s research at Boston University Alzheimer’s Disease Center. The race was run on May 19 and started at Surette Battery Park. The race began at 9 a.m., and was open to runners and walkers. Even though the weather was a bit overcast, it didn’t dampen spirits!

Belknap Subaru is a proud annual supporter. They have known Ginny Timmons for years.

“Every year, they find ways to help the Team raise money,” says Ginny Timmons.

This year, Belknap Subaru ran a “Help Ginny week” donations were made for each transaction in that week!

Stone Wall Repair

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Pictured, from left to right, David Elliot, Tyler Moore, Justin Vos, Eric Natal, Ginny Timmons, Kyle Boynton, Mark Mallahan, and Nate Barnett.

Mark Mallahan, General Sales Manager of Belknap Subaru, said “This is a personal fight for me, and so many of our customers, and employees’ whose family’s have been touched by this horrible disease, we wish to help Ginny, and support her efforts to find new treatments, and one day, eliminate Alzheimer’s. We were pleased to present a check for \$750 to Ginny this year!”

Said Timmons, “We greatly appreciate the donations and support.

“Boston University will put the money to good use!”

If you visit <http://www.bu.edu/alzresearch/>, you can see

what has been accomplished, and what they continue to do, to defeat Alzheimer’s disease.

Belknap Subaru is located at 35 Tilton Rd.

in Tilton. They sell and service Subaru vehicles, and others. They have been in business since 2001 and have been recognized by

Subaru of New England as their Love Promise Dealer of the Year. For more information about the dealership, call Scott Ives at 729-1300.

COURTESY

Franklin Savings Bank launches new fraud alerts to help customers safeguard their account information

New service sends text alerts to notify customers of suspicious debit card activity

FRANKLIN — Franklin Savings Bank launched a new fraud monitoring service to enable customers to stay on top of suspicious debit card activity simply by using their mobile device. With FSB’s Fraud Alerts, keeping your debit card safe will be

as easy as sending a text.

“With our new fraud detection alerts, customers will be notified of suspected fraudulent activity on their debit card through a text message,” said Ron Magoon, President & CEO. “Our fraud alerts enable us to promptly

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Customers with a mobile number on file with FSB will receive a text message the week of June 4 containing instructions on how to verify their enrollment. Customers who are unsure if the bank has their mobile number on file can contact the bank at 1-800-372-4445 or visit an office

SEE FRAUD PAGE A11



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St. Francis Rehabilitation & Nursing Center expands

LACONIA — St. Francis Rehabilitation & Nursing Center – a Lakes Region leader in skilled nursing rehab and long-term care – announces its 9,000 square-foot expansion, featuring a new wing with a state-of-the-art rehabilitation gym, seven private rooms and a community education classroom.

An Open House is scheduled for Thursday, June 28, from 2 p.m. to 6 p.m., with tours, light refreshments and an opportunity to meet the staff. An official ribbon-cutting, with The Most Rev. Peter A. Libasci, Bishop of Manchester, will take place at 2 p.m. Please visit www.cc-nh.org/stfrancis to register.

For individuals requiring short-term, post-acute, 24-hour skilled nursing care, the new wing will allow for more frequent rehabilitation therapy, added privacy and the use of



COURTESY

An architectural rendering of the St. Francis expansion.

innovative equipment to facilitate a quick and effective return to life at home. Skilled services include physical therapy, occupational therapy and speech-language therapy, from St. Francis' dedicated team of physicians, nurses, rehabilitation therapists, dietitians, social workers

and nursing assistants. The new gym – with breathtaking views of Lake Winnisquam and the White Mountains in the distance – includes advanced therapeutic exercise systems, as well as a fully equipped bathroom and kitchenette and for residents to simulate the many facets of daily living required

to function on an independent level. The gym, which long-term care residents will also benefit from, is more than four times the size of St. Francis' current gym.

The new community classroom will enhance on-site training and education for registered nurses and licensed

nursing assistants (LNA's) throughout the area.

"We're excited not only for the expansion, but more so for what it means for the community – an environment that provides the best care possible for those transitioning from a hospital stay back home after a challenging illness, surgery or injury," said

Brenda Buttrick, RNC, LNHA, administrator of St. Francis Rehabilitation and Nursing Center. "The new wing is a symbol of our commitment to our residents in giving them the healing to continue to live their lives to the fullest."

The addition of the new wing increases the overall number of private rooms in the facility to 17. While total capacity remains at 51 residents among short-term skilled nursing rehab and long-term care, St. Francis is planning to add to its team of licensed nursing assistants (LNA's).

Since 1948, St. Francis has provided holistic, person-centered care for thousands of individuals across the area. Our mission is creating a comfortable, secure and supportive environment for each resident, addressing the physical, social, emotional and spiritual needs of themselves and their families.

Local author to hold book signing at Annie's

LACONIA — Annie's Book Stop, located at 1330 Union Ave. in Laconia, will be having a book-signing on June 9 from 11 a.m.-2 p.m. featuring the Good Dr. Jack Polidoro, who will be signing copies of his book "Tattoo: Incident at the Weirs."

This is traditionally the beginning of Bike Week in the Lakes Region. Polidoro is a local author, singer and songwriter.

New Hampshire's storied Weirs Beach turns deadly... a young woman's body is found on the bucolic shores of Lake Winnepesaukee, just before the 83rd Annual Bike Week comes to town. News photographer, Don Wright, pursues the crime, researching journals of an elderly Weirs resident and Army veteran. From earlier motorcycle rallies, he discovers key clues that take him on a path of startling discoveries. Key among them is a tattoo, "Vincent," that offers a clue to a suspect's name.

The thriller is a torrid plot of black leather, lace, romance, domination and unscrupulous deceit. A New Jersey motorcycle gang and a tattooist are suspect, yielding twists and turns as Wright, the police, and a coroner seek a motive for the crime, culminating in a hold-your-breath, thriller ending. Jack has authored several other books:

The Dog in the Out-house -- The John Stark Marauders (involving political mayhem, an anti-gun lawyer and a hermit's dog), The Christmas Chiave -- A Boston Novella (a warm hearted Christmas story set in Boston's historic Italian North End), Six Feet From Grace (an essay on Grace Metalious marking the

50th anniversary of her novel "Peyton Place), and Brain Freeze -321° Fahrenheit -- Saving Reggie Sanford (medical thriller involving cryonics) to name just a few.

Tattoo covers a lot of local history and the

history of Bike Week in general which Jack states he found, "...on the Internet." The book would make a great gift for the motorcycle enthusiast, history buff, and Father's Day (Dad) in your life!

Come by the book-

store, talk motorcycles, writing, history, bike week or whatever and get yourself a signed copy of the book to gift to that special someone! Help us celebrate 95 years of Laconia Bike Week on opening day!



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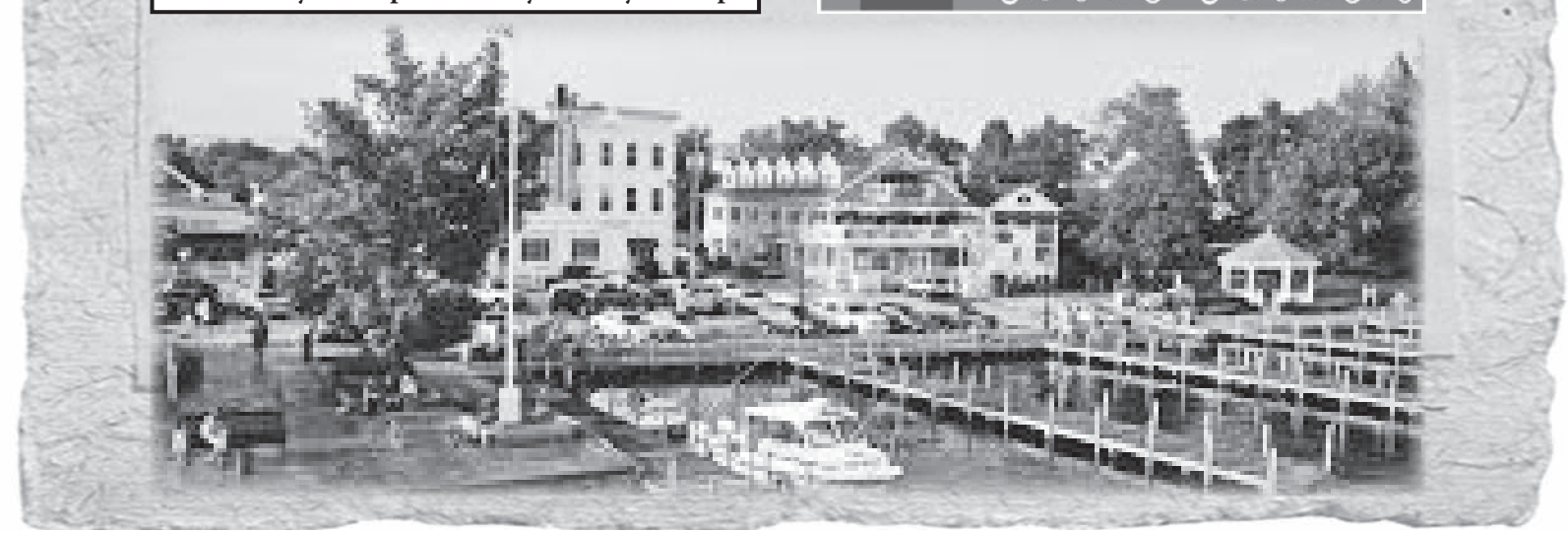
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INTERACT

(Continued from Page A1)

Interact yard sale that was doubled by Rotary. Incoming Gilford Rotary president John Beland said Interact is a branch of the Rotary Club and the club pitched in to get them their own Rotary banner. Beland presented the banner, that the club can present it at any of their meetings and events. He said they would also like to give Interact their own



ERIN PLUMMER
(Left) Incoming Gilford Rotary president John Beland recognizes next year's Interact president, Shushu Sawyer.

banner with the Rotary's "Four Way Test." Interact welcomed in new president Shushu Sawyer, vice president Max Stephan, secretary Maggie McNeil, and treasurer Sophie Leggett.

REC NEWS

(Continued from Page A3)

by certified archery instructors from Archery In Motion. This program will be held on Tuesday afternoon/evenings from July 10 – July 31 at the Arthur A. Tilton Ice Rink. The Beginner session will run from 4-5 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages 7 years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be

found on the department Web site at www.gilfordrec.com. Priority will be given to Gilford Residents. Cost: \$65 per person and includes all necessary equipment; you may also bring your own equipment (with approval by instructor). For more information, please contact the Parks and Recreation Department at 527-4722. **Sciensational Workshop for Kids! "Harry Potter Magical Mystery Tour!"** The Gilford Parks

and Recreation Department is Sponsoring a workshop through Sciensational Workshops for Kids for children ages six to 11, from 9 a.m. – 4:30 p.m. on Aug. 13 and 14. Participants will join in the escapades of Harry and his friends. Play quidditch. Make an edible wand. We will brew some fantastic potions to drink. Let's create and watch some amazing chemical reactions. Watch a mirage appear. You won't believe it! Wonder where the sorting hat will place you? Make cool crystals. Come

join us where the magic of science, art, and literature meet. Harry, Ron, and Hermione are waiting for your arrival! Experiment with colored magic sand. See a mysterious glowing ball. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com. Cost: \$140 per participant For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

NOTEBOOK

(Continued from Page A4)

I am not as punctual, but I am observant. Ergo, my hummingbirds showed up Tuesday, June 29. Well, okay, I did sort of expect them, I just didn't quite know when. So I scrambled around that evening to make sure the feeders were clean, and mixed up enough sweetened water to get me by for a while. And the very next morning, there they were, my hummingbirds (it says here), zipping and zooming around my reading chair on the front porch, sometimes stopping to hover inches from my face, perhaps checking to make sure it's the same grizzled French-Irish mug they saw last fall.

+++++

If hummingbirds

are the Brave Hearts of the bird world, dandelions are the skunk at the picnic. Dandelion greens are more than edible, and in my book are a delicacy if dug at just the right time, cleaned oh-so-thoroughly, and cooked with no distractions, meaning "Don't go off and forget them." In settlement times, dandelions were among the first greens available after people had spent the long winter eating increasingly unappetizing vegetables from the root cellar or, as the technology improved, vegetables put by through canning. Other spring treats included fiddleheads, hearts of cat-tail, and watercress. People watched carefully for just the right dandelion digging time, because if you

get them just right the roots have barely begun to form. And I'm not kidding about the washing part. So tenaciously do dandelions cling to Mother Earth that most people wash them in a tub, dumping the water (and a lot of dirt) after the first three or four washings, and drawing a fresh batch of water for the rinsing (and there is still some dirt in the water). As for the cooking, my way is steaming, and not for very long. Served up with butter, salt and pepper and a dash of vinegar, dandelion greens are a treat that transcends the seasons. And the skunk at the picnic? In parts of Suburbia where some homeowners seek the holy grail of the Perfect Lawn, dandelions are definitely persona

non grata. People actually dig them not to eat them, but to get rid of them. And for people who hire lawn-care experts, the herbicide sprayer is sure to go straight for the hapless dandelion. But they'd better be quick. This year, at my house at least, the dandelions were up, blossomed, and gone to seed, seeds blowing in the wind, before we even had a chance to mow the lawn.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

RWANDA

(Continued from Page A1)

dan Genocide. A group of killers came into the classroom and demanded the students tell them who in the class was Tutsi. None of the students identified their Tutsi classmates and all of them were killed. "That touched my heart," Alan Graustein said. He said the country is still in the process of rebuilding. The Graustein's said the organization is next looking to offer microloans to small businesses in Rwanda to help them grow. They applied for a

grant from the Rotary for microfinancing. "We are very grateful; just really appreciate the dedication and commitment of these high school students," Alan Graustein said. Joan Graustein said Interact teaches the students to give, a lesson they carry with them through their lives. "It's not just school; it's changing their entire lives," Stephan said. She said when kids in Rwanda go to school, they get higher paying jobs and better lives.

LRPA

(Continued from Page A1)

ing with Mark Thomas of the Gilford Public Library to air library presentations. Thomas will tape lectures at the library, which air Mondays at 6 p.m. and Thursdays at 9 a.m. and 11 p.m. This year, they aired three lectures from the library, and last year they aired eight. McNamara said LRPA also continues to work with the schools. LRPA tapes all of Laconia's meetings. So far 15 meetings have been recorded, accounting for nearly 20 hours of content. All those meetings can be watched through the websites Video on Demand feature. McNamara said they try to get them up within 48-hours of the meeting. A simulcast of Channel 25's government programming can be found online at LRPA.org. McNamara said in the past year the station also aired 63 special events with only two staff members working part time in the office. In December, LRPA produced and aired the Greater Lakes Region Children's Auction, which raised more than \$500,000 for children in the community. LRPA has been covering Meredith's 250th anniversary events throughout the year. They have also aired a lecture series that has aired since April, the last speaker will be Fritz Wetherbee. LRPA has been covering events as part of Laconia's 125th anniversary. The city will be having a big anniversary event on July 7. They also recently covered the press con-

ference for the New Hampshire Pumpkin Festival and will cover the daily press conferences for Bike Week. In total, LRPA has 47 regularly scheduled programs across Atlantic Broadband Channels 24, 25, and 26. "Out of those 47 regularly scheduled programs, 33 come to us by independent producers," McNamara said. Of those producers, 12 of which upload their videos directly to the station's Dropbox or come from an outside server. "People are embracing newer technology, which is fantastic," McNamara said. McNamara said LRPA received a grant in April from Ever-source which went to two new field kits, including cameras and tripods. They will have consumer-grade cameras that are meant to be more user friendly for the average person. "We have a lot of people who use the cameras now who sometimes find them to be intimidating because their professional quality," McNamara said. "Since it's our mission to help people get new content on the air, we're very excited about getting these new cameras." LRPA is looking for anyone who wishes to have their own programming. They are also looking for volunteers, as many volunteers record meetings and events. Anyone interested in having their own program can call LRPA at 528-3070 or email director@lrpa.org.

MATTRESS

(Continued from Page A1)

students," Sanborn said. "It's been a crazy ride, but it works." Visitors could try out the mattresses and pillows for sale. Mattresses purchased that day would be delivered in around two weeks. The sale benefits the Performing Arts Department, namely the yearly trip for band and chorus competition. Students who would not be able to afford the trip can receive scholarships, which a fundraiser like this supports. The Performing Arts Department will team up with the French and Spanish Clubs on alternating years depending on which is raising money for a trip to France or Spain

respectfully. The students don't have to put a lot of effort into the fundraising process either. Their main responsibility is spreading the word to get people to come, the company does the rest. Sanborn said Sunday's sale went really well with steady numbers throughout the day. Both Sanborn and Logue said this is a fundraiser where the people who buy are actively looking for the product and in the process, it benefits the students. "They're giving something back to the people that want to help them," Logue said.



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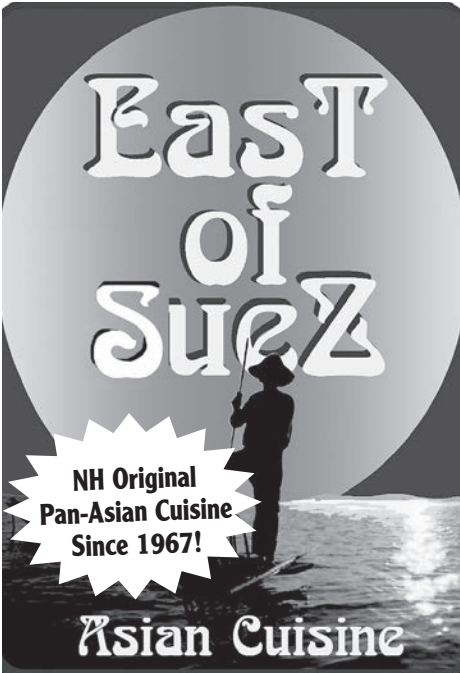
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LEADERSHIP (Continued from Page A7)

Education Director of the Center, welcomed the class with a description of the Center’s mission. Then the New Hampshire Department of Environmental Services Commissioner, Robert Scott, provided a comprehensive status review of environmental successes as well as areas of concern for his department. The Commissioner followed his remarks with a lively interactive Q & A session with the class members.

Refocusing the class on a specific lakes-related issue, biologist Tiffany Grade of the Loon Preservation Committee enlightened the class with a fascinating session about the loons of New Hampshire’s lakes including their habitat, their migration to coastal waters in winter and the threat, natural and man-made, to loons’ survival. The class then enjoyed a very hands-on drumming session using plastic buckets and drumsticks which was led by Mister Rich of Youth Beatz. A gifted drummer, Rich gives entertaining drum lessons which require 100% audience participation and includes some leadership thoughts during the drum session. Lakes

Day concluded with a narrated scenic cruise aboard one of the Science Center’s pontoon boats.

Next up for the busy class was the drive to the Carriage House for the graduation ceremony. The 22 graduates, representing ten Lakes Region communities, are: Nate Hanson, Mike Roth, Joleen Welford, Willow Furey, Chelsea Lemke, Janet Brough, Brendan Connolly, Mike Sitar, Charlotte Hassett, Steve Aiken, Kristy Badger, Lauren Saunders, Mike Burlingame, Tammie Mahoney, Cynthia Day, Andrew Gilman, Linda Heney, Jared Guilmett, Kimberly Lesnewski, Samantha MacDonald, Alexandra Pelletier and Peggy McLean.

“These 22 graduates bring the Leadership Lakes Region Alumni rolls to 360 area professionals since we started in 1998,” said Program Coordinator Jennifer McLean.

“We’re looking forward to our 21st class starting in October, and are now accepting applications from individuals interested in the Leadership Lakes experience,” McLean added.

Applications and more information are available at the group’s Web site, www.leadershiplakesregion.org.

FRAUD (Continued from Page A8)

to confirm their information. For more information on FSB’s new fraud monitoring service, visit www.fsb-nh.bank and click on Resource Center, then select Online Education Center to view a video on Two-Way Text Alerts (located under the Personal section).

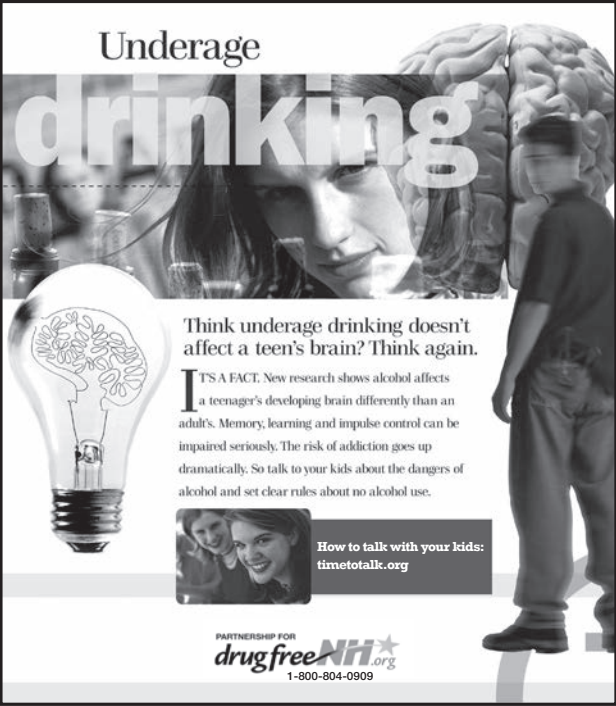
The rollout of FSB’s Fraud Alerts comes in the wake of another similar fraud prevention tool the bank launched a while ago called CardValet. This mobile app enables users to manage their FSB debit card to proactively monitor their account to protect against fraud, as well as control how, when and where their card is used.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank

has offices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsb-nh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.

Underage drinking



Think underage drinking doesn't affect a teen's brain? Think again.

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How to talk with your kids:
timetotalk.org

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UNITED WAY

(Continued from Page A5)

Granite United Way’s Community Impact Committee dedicated the last few months to evaluating program proposals and determining their investment decisions for the Central Region. Together, with the volunteer Board of Directors and the Central Region Community Impact Committee, announced that the 2017 Campaign would deliver nearly \$1.2 Million in support during 2018 to the Central Region.

Volunteers in the Central Region made investments in programs that support families and youth throughout the community.

“We continue to be impressed with the quality programs that are offered in the Central Region, and we are grateful for the time that local volunteers dedicate to the funding process,” said Patrick Tufts, President and CEO of Granite United Way. “Over 435 volunteer hours were devoted to these decisions. They continue to fund programs and services that enable our community to learn, earn and be healthy.”

“The Family Resource Center of Central New Hampshire is so thankful for the continued support from Granite United Way. The mission of the FRC-CNH is to strengthen families and communities by enhancing social con-

nections, utilizing family support principles and protective factors. The funding from Granite United Way is critical to our ability to provide these supports to the children and families of the central region,” said Erin Pettengill, Director of the Family Resource Center of Central NH.

In addition to the grants made to local organizations, Granite United Way’s Whole Village Family Resource Center serves as major resource in the region for programs focused on quality child care, developing strong parenting skills and achieving financial stability. Students in the Accounting Department at Plymouth State University partnered with the nonprofit and offered free tax preparation to struggling families and individuals in the region. The Volunteer Income Tax Assistance (VITA) program helped to return more than \$430,000 in federal tax refunds to Central Region residents, including more than \$130,000 in the Earned Income Tax Credit (EITC).

Carroll County Coalition for Public Health [C3PH] is one of three regional public health networks that Granite United Way has contracted with the state of New Hampshire’s regional public health network system. They

have been focused on tackling the statewide opioid crisis by collecting more than 765 pounds of drugs collected at two Drug Take Back Days and 18 Narcan Trainings that were held throughout the Central Region community.

“As a Loyal Contributor and Granite United Way Board Member, it is inspiring to see our community come together to tackle large scale issues,” said Larry Major, Government Affairs Manager at Pike Industries. “No one organization can solve the issues we’re facing, and we know that by working alongside each other we will be able to improve lives in our community.”

Funded programs will receive notification this week.

For more information about Granite United Way, visit www.graniteuw.org.

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community’s most pressing needs.

United Way’s purpose is to convene public, private, and governmental leaders and resources to tackle the largest, most pressing issues facing our community. These issues include, but at

not limited to: Providing children with the tools they need to read at grade level, putting them on the path to becoming successful, contributing members of our community. Offering free assistance from trained tax professionals to ensure that low income individuals and families file their taxes properly and timely, and utilize qualified tax credits to begin to build their own capital. Administering a statewide, comprehensive 24 hour a day/ 365 days a year help hotline called 2-1-1 that quickly delivers help to any resident in New Hampshire

Granite United Way works with more than 1,000 companies, 25,000 investors and thousands of volunteers every year to make our communities a better place. Granite United Way is rated a Platinum Participant by GuideStar and a Three Star Charity Navigator, two of the nation’s largest nonprofit rating sources.

Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region (Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For more information, visit www.graniteuw.org.

2018 Salmon Press

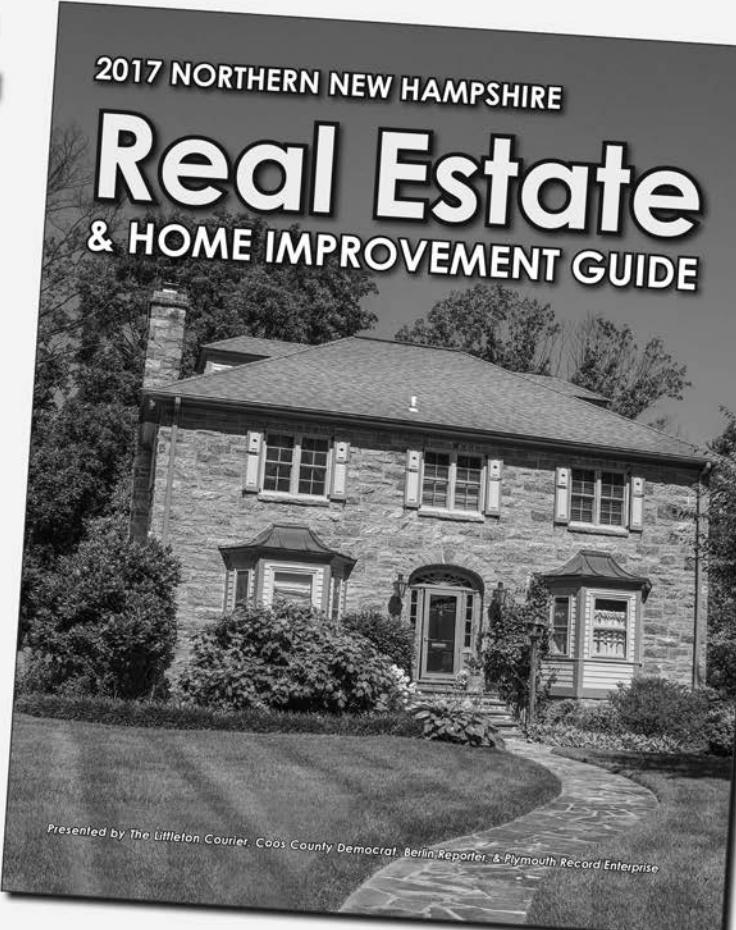
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Distributed in the August 15th issue of the Littleton Courier, Coös County Democrat, Berlin Reporter and Plymouth Record Enterprise.

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Make a colorful visit to Yellowstone National Park with the Taylor Community June 18

LACONIA — As part of Taylor Community’s Resident Lecture Series, resident Vince Lunetta will share colorful photos and information about Yellowstone National Park, nearly 3,500 square miles of wilderness, which is home to thousands of wild animals and powerful geological features.

Join us Monday, June 18 at 6:30 p.m. in Taylor’s Woodside Building, for this free, one-hour presentation.

Yellowstone’s active volcano powers more than 10,000 hydrothermal features, including more than half the world’s active geysers. Its wilderness area includes dramatic canyons, waterfalls, rivers and forests.

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AUGUST 12-17 | apply by June 18

COURTESY

Congratulations to Katie Laroche of Laconia, the grand prize winner of the 2018 WOW Sweepstakes Ball presented by Daniels Electric Corporation. The 15th Annual sold out event was held at Gunstock Mountain Resort on Saturday night. Pictured from (Left to Right): Gretchen Gandini, WOW Trail Executive Director, Katie Laroche, Adam Laroche, and Allan Beetle, WOW Trail Board President.

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Dean leads Gilford girls to second place

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Gilford High School track and field team had a great day at the Division 3 state championship on May 26, which was highlighted by the girls' team taking second place. It was the first time since 1996 the Golden Eagles were runner up.

Leading the way was Lauren Dean, who won the 400 meters with a time of 61.04. She was also third in the 200 meters with a time of 27.88. Dean was a member of the 4X100-meter relay team and the 4X400-meter relay teams that came away with wins with times of 52.58 and 4:16.22 respectively.

The 4X100-meter team consisted of Dean, Natalie Fraser, Brianna Fraser and Gingrich. The 4X400 team included Dean, Brianna Fraser, Kaitlyn Callahan and Sydni Lehr.

Dean scored 38 of the team's 50 points on the day.

Gingrich placed third in the 100 meters with a personal record of 13.34. The 4X800-meter relay team consist-



Connor Leggett leaps over a hurdle for Gilford

BOB MARTIN



Shea Therrien runs the 400 meters in the Division 3 state championship.

BOB MARTIN



BOB MARTIN

Brianna Fraser runs for the 4X100-meter relay team at the Division 3 state championship at Winnisquam Regional High School.

She was also eighth in shot put at 27 feet, 9.5 inches.

The boys' team placed 15th overall in the state championship, which coach Joe Wernig noted was a huge improvement over last year when the team scored no points.

Connor Leggett led the way with a third place finish in the 300-meter hurdles with a personal record time of 42.70. Korey Weston was third in javelin with a personal record

record of 3:40.49.

On Saturday, June 2, Gilford was represented at the Meet of Champions at Merrimack High School. Weston placed ninth in the long jump at 19 feet, two inches. He was also fifth in javelin at 153 feet. This personal record throw qualified him for New England's on Saturday at UNH.

Connor Leggett was 14th in the 300-meter hurdles with a time of 43.54.

For the girls' team, Lauren Dean was once again the leader. She placed ninth in the 400 meters with a personal record time of 60.50. This broke her own school record. The 4X100-meter relay team was 10th with a season best time of 51.83. The 4X400-meter relay team had a time of 4:11.29, placing fourth and qualifying them for New England's.

ing of Callahan, Aria Stefan, Caroline Dean and Lindsey Sander-son placed third.

Natalie Fraser was fifth in the 400 meters with a time of 63.40, while Brianna Fraser placed seventh in the 200 meters with a time of 28.52. Katiana Gamache was eighth in the javelin with a personal record throw of 95 feet, 10 inches.

Michael Wernig was sixth in discus with a throw of 122 feet, two inches. The 4 X400-meter relay team consisting of Wernig, Leggett, Sandor Gamache and Shea Therrien was sixth with a personal

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Giants rally past Golden Eagles in quarterfinals

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The top-ranked Gilford High School baseball team had quite the ride this season with a 15-1 overall record, however the Golden Eagles had a tough time finding their rhythm in the quarterfinals of the Division 3 state tournament, and Bishop Brady came away with a 10-7 upset victory.

The Golden Eagles had ace Adrian Siravo on the mound and the sophomore was looking to use his blazing fastball to power the Gilford squad to the next round

of the playoffs. However, the Bishop Brady bats were ready for him and took advantage with four first-inning runs.

Siravo struck out Jack Compton to start the game, but things fell apart quickly when Trevor Gallagher had a single and Max Lamora hit an RBI triple. Siravo struck out Alex Andrews for the second out but Nick Grimbilas responded with a single and Kevin Anderson blasted a three-run homer to take a 4-0 lead. Siravo struck out Patrick Brust to end the scoring onslaught.

Gilford would respond



BOB MARTIN

Adrian Siravo fires a fastball against Bishop Brady in the playoffs last week.

Moore homer leads Gilford to playoff win

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — It was a big day for freshman Kasey Moore last week in the first round of the Division 3 softball playoffs where Gilford won 7-5 in a tight battle against Bishop Brady.

Moore had a four for four day with four RBIs, including a two-run shot in the top of the sixth inning to give Gilford a 7-4 lead and lead the Golden Eagles to victory. The win put Gilford in the quarterfinals for the first time in five years.



BOB MARTIN

Kasey Moore and her teammates celebrate after a big home run for Gilford.

In the top of the first inning, Halle Laramie led off with a homer to give Bishop Brady a quick 1-0 lead. However, Gilford answered back in the bottom half of the inning. Randi Byars was hit by a pitch in the leadoff spot and eventually scored on an error. Ella Harris singled and then scored on an RBI single by Moore to go up 2-1.

In the third inning, Gilford went up 3-1 when Harris led off with a walk and eventually scored on another RBI single by Moore. However, Bishop Brady scored in the fourth inning on a manufactured run to make it a 3-2 ball game. Bishop Brady took the lead, 4-3, in the top of the fifth inning by scoring a pair of runs on a double, infield error and a walk.

The Golden Eagles wasted no time getting back in the game with a run in the fifth inning to tie things up 4-4. There were back-to-back singles by Alexis Lacroix and Moore, followed by Samantha Knowles being hit by a pitch to load the bases with no outs. After a force out at home plate, Karly Sanborn hit a grounder and Moore used her speed to beat the throw to the plate to tie up the game.

In the top of the sixth inning, Ella Harris put down the side in order with a couple of strikeouts and a pop up. With the score tied 4-4 in the bottom of the sixth inning, Jillian Lachapelle led off with a double followed by a walk by Harris. Lachapelle scored on a wild pitch to give Gilford a 5-4 lead and then Moore crushed a home run over the right field fence to give Gilford a couple of insurance runs and bring the score to 7-4.

“When I made contact with the ball, there is a thing called the ‘sweet spot’ and I definitely knew as soon as I hit it,” Moore said about her homerun.

Laramie came up for Bishop Brady in the seventh inning and made things interesting by smashing her second homer of the day and make it a 7-5 game. It was too little too late for Bishop Brady, however, and Gilford was able to come away with the tight win.

Harris was the winning pitcher. She pitched a complete game with seven strikeouts, six hits and one walk. She did an excellent job striking out the Bishop Brady clean-up hitter, Abby Santis, three times on the day.

The Golden Eagles had only one strikeout in the win and took advantage of three walks, three hit batters and two wild pitches.

Gilford’s offense banded out nine hits. Moore was the clear offensive leader, but Lachapelle also had a big day with two hits including a double, an RBI and a run. Harris had three runs scored on the day.

Coach Joan Forge said the team has relied on their solid offense and defense this season, and this time was no difference. The team has averaged less than one error per game this year and Forge said the great defense has helped keep them in tight games like these.

“The girls came in with confidence,” said Forge. “The pitchers average 10 strikeouts and only average 2.5 walks. We had all the factors. This is why we should

be confident and this is why we should win this game.”

Forge said the team made defensive plays again, noting that Emily Smith continued to impress behind the plate. She also commended Harris for her “gem of a game” and said that it is this type of complete work by the team that has led the Golden Eagles throughout the season.

Forge said she believed the factors in this win came down to Gilford’s strong outfield and Harris’ work in the circle.

“I’ve never seen her rattled and she knows that she has a team behind her,” said Forge. “She knows she has an offense also that will generate some runs.”

Gilford ultimately lost 10-3 to top seeded White Mountains in the quarterfinals of the playoffs. Gilford finished with a 12-6 record.

Lakes Region United hosting soccer tryouts

REGION — Lakes Region United (LRU) will be hosting open tryouts in June for players interested in 2018/19 travel league soccer. There is no cost to participate in the tryouts. Tryouts will take place at the Gilford Elementary School, the Gilford Village Field and at the Gilford Meadows Field (near Beans and Greens farm).

LRU is in its 10th season with almost 200 players on 10 different teams. LRU draws players from a variety of local towns, including Laconia, Gilford, Belmont, Gilman-

ton, Meredith, Alton, Moultonborough, Sanborn, Canterbury, New Hampton and Concord.

Athletes 10 to 19 years old play travel soccer within the New Hampshire Soccer League (NHSL), while athletes 6 to 9 years old develop skills locally in LRU’s Early Development Program. The Early Development Program offers local practices and small-sided, intra-squad games that emphasize strong soccer fundamentals.

In addition to New Hampshire Soccer

League games, many LRU teams play in regional tournaments, including tournaments in Needham, Mass., Fort Ann, N.Y. and Amherst.

Although LRU strives to provide competitive soccer opportunities to boys and girls of all ages, roster spots are limited. The following teams have availability for 2018/19 and will be holding open tryouts.

June 14, 5:30 p.m. at Gilford Meadows Field, tryouts for boys born in 2005.

June 18, 5:30 p.m. at Gilford Village Field, try-

outs for boys born in 2006 and girls born in 2006 or 2007.

June 18, 5:30 p.m. at Gilford Elementary School, tryouts for boys and girls born in 2008.

June 21, 5:30 p.m. at Gilford Elementary School, tryouts for boys born in 2007.

June 22, 5:30 p.m. at Gilford Village Field, tryouts for boys born in 2004.

June 22, 5:30 p.m. at Gilford Elementary School, tryouts for boys and girls born in 2009.

LRU is a non-profit organization that keeps costs reasonable by relying on experienced volunteers to coach the teams, and by benefiting from the generosity of local towns, which provide field time for practices and games. Players interested in playing with LRU can visit LRUsoccer.com for more information or e-mail info@lrusoccer.com to express interest.

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JOSHUA SPAULDING

The Gilford High School boys' tennis team was the runner up this year for Division 3 in the finals.

Bow ends Gilford's run at top of D3

BY BOB MARTIN
Bob@Salmonpress.news

MANCHESTER — The Gilford High School boys' tennis team went to the Division 3 state finals for the sixth straight season, but the Golden

Eagles were beaten 7-2 by Bow High School. The number two match was the first to finish, with Tyler Hanf falling 8-6 in a back-and-forth battle. He was down 3-2, then up 4-3,

then down 5-4 and up 6-5 before losing the match. Shortly after, number four Adam Donnelly lost 8-4 and then Donny Searle lost 8-5 in a battle of the number five players. Mikey Eisenmann

gave Gilford life with an 8-6 win, but top player Christian Workman lost 8-4. In the final singles match of the day Colton Workman fell 9-7. In doubles the only win went to Eisenmann and Work-

man, who had an 8-6 victory at number one. Bow has been a tough opponent for Gilford this season, as it was the team that recently ended Gilford's winning streak at 97 games. Coach Terry Wilson went into the

match confident that Gilford had worked out some its kinks that led to the loss, notably by getting to the net and not wasting time on scoring. Wilson was unavailable for a comment following the match.

Gilford lacrosse girls fall in playoff opener

BY BOB MARTIN
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HOPKINTON — The seventh-ranked Gilford girls' lacrosse team had a successful season, going 9-5 before the playoffs, but the young team couldn't keep up with second-ranked Hopkinton and lost 21-10 in the first round of the Division 3 state tournament last week. "Hopkinton's experience and speed kept us from staying up with their offense," said coach Dave Rogacki. "We missed some shots we normally make and our defense didn't react to their motion offense." Hopkinton led the Golden Eagles most of the way, as the team was down by eight at half and never could recover. "They were very aggressive going to loose balls and we didn't match that in the second half," said Rogacki.

"We needed to match their aggressiveness and we were too passive on both ends of the field. Experience played a major factor in ball movement." Laurel Normandin was the offensive leader with a pair of goals and six assists. Shelby Cole had three goals and an assist while Sophie Leggett had a goal and an assist. Kolbi Plante had two goals, Taryn Fountain had a goal and Erin Hart had a goal as well. Freshman goalie Julia Spooner had 20 saves in goal and Rogacki was happy with her play. Rogacki said despite the loss, he was happy with the seniors who as a group allowed the team to develop the underclassmen on offense. "Throughout the season we depended on the seniors for the development of our transition game," said Rogacki. Cole was selected first team All-State and

was the team's leader as a sophomore this year. She had 74 goals and 25 assists. Senior Normandin had 45 goals and 27 assists in a great overall season. Leggett had a good sophomore year with 22 goals and nine assists. Hart was also very effective with 13 goals and six assists in her sophomore season. Kyla Mercier had three goals and three assists, as well

Fountain, only a freshman, had 12 goals and four assists. Fellow freshman Ashley Hart had three goals and Rogacki commended her for her aggressive defense. Olivia Harris played excellent defense in her senior year, which earned her a second team All-State nod. The Golden Eagles finished with a record of 9-6.



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Edward Jones: Financial Focus

Saying “I Do” Might Mean “I Can’t” for Roth IRA

June is a popular month for weddings. If you are planning on tying the knot this month, it's an exciting time, but be aware that being married might affect you in unexpected ways – including the way you invest. If you and your new spouse both earn fairly high incomes, you may find that you are not eligible to contribute to a Roth IRA.

A Roth IRA can be a great way to save for retirement. You can fund your IRA with virtually any type of investment, and, although your contributions are not deductible, any earnings growth is distributed tax-free, provided you don't start withdrawals until you are 59-1/2 and you've had your account at least five years. In 2018, you can contribute up to \$5,500 to your Roth IRA, or \$6,500 if you're 50 or older.

But here's where your “just married” status can affect your ability to invest in a Roth IRA. When you were single, you could put in the full amount to your Roth IRA if your modified adjusted gross income (MAGI) was less than \$120,000; past that point, your allowable contributions were reduced until your MAGI reached \$135,000, after which you could no longer contribute to a Roth IRA at all. But once you got married, these limits did not double. Instead, if you're married and filing jointly, your maximum contribution amount will be gradually reduced once your MAGI reaches \$189,000, and your ability to contribute disappears entirely when your MAGI is \$199,000 or more.

Furthermore, if you are married and filing separately, you are ineligible to contribute to a Roth IRA if your MAGI is just \$10,000 or more. So, as a married couple, how can you maximize your contributions? The answer may be that, similar to many endeavors in life, if one door is closed to you, you have to find another – in this case, a “backdoor” Roth IRA.

Essentially, a backdoor Roth IRA is a conversion of traditional IRA assets to a Roth. A traditional IRA does not offer tax-free earnings distributions, though your contributions can be fully or partially deductible, depending on your income level. But no matter how much you earn, you can roll as much money as you want from a traditional IRA to a Roth, even if that amount exceeds the yearly contribution limits. And once the money is in the Roth, the rules for tax-free withdrawals will apply.

Still, getting into this back door is not necessarily without cost. You must pay taxes on any money in your traditional IRA that hasn't already been taxed, and the funds going into your Roth IRA will likely count as income, which could push you into a higher tax bracket in the year you make the conversion.

Will incurring these potential tax consequences be worth it to you? It might be, as the value of tax-free withdrawals can be considerable. However, you should certainly analyze the pros and cons of this conversion with your tax advisor before making any decisions.

In any case, if you've owned a Roth IRA, or if you were even considering one, be aware of the new parameters you face when you get married. And take the opportunity to explore all the ways you and your new spouse can create a positive investment strategy for your future.

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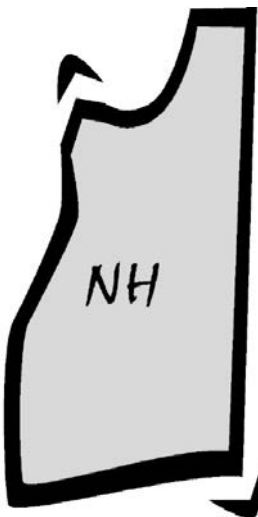
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MEREDITH: A truly remarkable property! Home is currently being updated with a new kitchen, roof, floors and more. Sited on 6 park-like acres with spectacular views, dock and 2 bay boathouse with registered heliport above.
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A 1.2 acre lot with privacy at the end of the road. Close to town and a short walk from the beach.
Applewood Drive.....\$59,000

TUFTONBORO
This 1.02 acre lot is in a great association with only 30 lots sharing the sandy beach and waterfront access.
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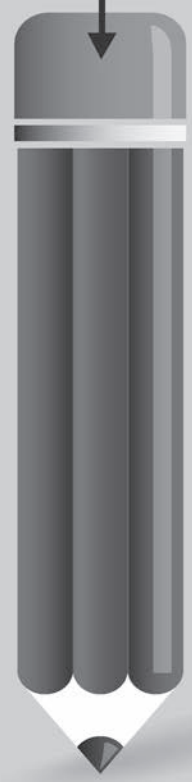
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MEREDITH: 2-BR waterfront condo with beach, mooring & more.
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LACONIA: Detached waterfront condo w/ patios, decks & dock.
\$439,900 MLS# 4690865



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GILFORD: Winnepesaukee compound; 2 homes, decks & dock.
\$1,299,000 MLS# 4684778



WEIRS BEACH: Excellent business opportunity on Lakeside Ave.
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BIG BARNDOR ISLAND - ALTON // One of the best islands on the Big Lake, this property with a 3BR/1BA cottage is located on the western side and boasts a breakwater dock, walk-in sandy beach and sunsets!
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MOULTONBOROUGH // Lake Kanasatka year-round home. 90' frontage, wonderful lakeside screen porch, 3 Bedroom, 2 Bath. Preferred SW exposure. Low taxes and great rental history if you seek investment.
\$469,000 (4694856) Call 253-9360



MOULTONBOROUGH // Fabulous opportunity to own this Lovely 2+BR/2BA Chalet on .53 acres, completely refurbished with exquisite craftsmanship throughout, in Suissevale Association with deeded Lake Winnepesaukee Access.
\$295,000 (4694025) Call 253-9360



OSSIPEE // 3BR A-frame home with cathedral ceiling, beams, wood floors & Master BR Loft Suite. Large sunny deck, extensive landscaping, enclosed porch, paved driveway, firepit and outbuilding.
\$229,500 (4693978) Call 875-3128



GILFORD // All Season Turn Key Chalet, 3BR/2BA, 1,075SF. Wrap bungalow on sunny corner lot with around deck. Gunstock Acres Assoc. garage pad in place. In need of includes beach access to Lk Winni. renovation, put in your sweat equity Min. to all Lakes Region activities, and see what can be done!
\$179,000 (4688473) Call 253-9360



NEW DURHAM // One bedroom bungalow on sunny corner lot with around deck. Gunstock Acres Assoc. garage pad in place. In need of includes beach access to Lk Winni. renovation, put in your sweat equity Min. to all Lakes Region activities, and see what can be done!
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WELCH ISLAND - GILFORD // Vintage 1960 seasonal cottage situated close to the water with amazing northerly views from the 2.5 acre level property with 150' of water frontage.
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NEW DURHAM // Rare opportunity to purchase a large parcel of land with 56+ acres in a country setting. Class VI road.
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MOULTONBOROUGH // Nestled in the heart of Moultonborough, this 14+ acres offers views, stone walls and mountain streams. This peaceful parcel is close to shopping, skiing, and much more! Broker Interest.
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Pam Toczko 603-520-6443
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Moultonborough | \$1,095,000
Sun filled Winnepesaukee waterfront with beautiful views! Dock & sandy swim area.
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Search 4695265 on cbhomes.com

Belmont | \$800,000
Views of multiple mountain ranges and 3 lakes, private beautifully landscaped plateau.
Ellen Mulligan 603-387-0369
Search 4694071 on cbhomes.com



Meredith | \$750,000
Great waterfront parcel on Black Cat Island, 104' of private frontage.
Kay Huston 603-387-3483
Search 4678561 on cbhomes.com

Laconia | \$459,900
This stately home sits on a beautifully landscaped and private lot, just a short stroll to Bond Beach.
Susan Bradley 603-493-2873
Search 4651274 on cbhomes.com

Meredith | \$429,900
Exceptional, quality built home with amazing gourmet kitchen and beautiful landscaped yard.
Luceen Bouchard 603-455-2726
Search 4696758 on cbhomes.com



Moultonborough | \$389,900
Major updates on nice level 5+ acre lot on the corner of Kent Road and Ossipee Min Road.
Kay Huston 603-387-3483
Search 4686900 on cbhomes.com

Gilford | \$299,000
Spacious log home on a 2.5 acre lot. Close to skiing, lake and all Lakes Region amenities.
Shelly Brewer 603-677-2535
Search 4696772 on cbhomes.com

Gilford | \$273,500
Ideally located minutes to Gunstock Ski Area and with beach rights to Lake Winnepesaukee.
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Franklin | \$250,000
Birch Meadow Farm- Situated on 16.4 Acres. Barn, several pastures, inground pool.
Bob Williams 603-455-0275
Search 4694687 on cbhomes.com

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Sargent Lake - Enjoy all 4 seasons! 80' of owned lake frontage with a 16' dock.
Kathy Davis 603-387-4562
Search 4696547 on cbhomes.com

Gilford | \$207,000
2 bedroom home with room to add an additional bedroom and bath on the 2nd level.
Tracie Corbett 603-387-3457
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Pittsfield | \$158,000
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John Silva 603-387-0533
& Mary Seeger 603-630-8723
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Scott Mooney 603-455-8554
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Laconia | 348 Court Street | 603.524.2255 | **Center Harbor** | 32 Whittier Highway | 603.253.4345
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Ryan Marsh, Special Education Director
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frank@salmonpress.news



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