

## Local teen proposes official town flag

BY ERIN PLUMMER  
mnews@salmonpress.news

A Gilford teen has put forth a design for a flag that voters in a future town meeting could decide will be the town’s official flag.

Darren Brown presented his proposed design for an official flag to the selectmen during their March 24 meeting and the board encouraged him to make a petition article to move the concept forward.

Brown, an 18-year-old town voter, said the town has yet to adopt an official flag and has been using the flag of the Guilford Courthouse in Guilford, North Carolina. He also said an official flag might gain interest from those living outside the Lakes Region.

Brown presented his design for a possible flag that consists of gold, blue, and green triangles with a white chevron in the middle. Blue represents Laker Winnepesaukee, green represents the forests, and gold represents the local people’s labor and craftsmanship, with the white chevron representing the mountains.

“This has been adjusted a lot, mainly so that it follows all five rules of flag design made by the (North) American Vexillological Association: it has a symbol, it has a meaningful, it doesn’t use any complex

SEE **FLAG** PAGE 9



Darren Brown presents his design for a possible official town flag to the selectmen.

COURTESY PHOTO

## Town seeking bids for road construction

BY ERIN PLUMMER  
mnews@salmonpress.news

The town is now soliciting bids for the 2021 roadway improvement program.

The Department of Public Works put out a Request for Proposal for road construction bids for the 2021 road schedule including pavement reclamation, topcoats, shim and overlay, and other work. The mandatory pre-bid meeting is this Thursday with the deadline for proposals on April 15 at 2 p.m.

For the past several years, the town has contracted with Wolcott Construction of Gilman-

ton to work on the roads. Last year the board of selectmen made the decision to put the service out to bid after much discussion and feedback from some local companies.

Projects in the 2021 road plan include reclamation and paving on a 3,092-foot section of Irish Setter Road and 850 feet on Northview. A topcoat will be put on Cotton Hill Road and isolated patching work will be done on Sherwood Forest Drive. It also includes shim and overlay on sections of Allen Road, Glenridge Avenue, Marine Drive, Bridget Circle, Sha-

mus Drive, Gilford East Drive, Hoyt Road, Scenic Drive, Stark Street, Terrace Hill Road, Wild Acres Road, Cat Path, and Boyd Hill Road.

All work needs to be completed between May 1 to June 1 and completed by Nov. 1 due to the season’s heavy vehicle and pedestrian traffic. Work will have to be suspended on any holidays falling on a Monday, such as Memorial Day, Labor Day, and the Fourth of July.

It’s stated in the RFP that no work will be done at night, on weekends, or holidays unless

SEE **BIDS** PAGE 9

## Town gets lower price for fire department vehicle

BY ERIN PLUMMER  
mnews@salmonpress.news

The town will be getting a new fire department command vehicle for around \$6,500 less than presented on the town warrant.

During their March 24 meeting, the selectmen voted unanimously in favor of purchasing a new command vehicle for the Fire and Rescue Department. They also received some updates on a few new vehicles for the fire and public works departments.

This past town meeting voting day, voters approved Article 8, the five-year lease purchase

agreement of a new fire department command vehicle for \$60,000. The article also included the first year’s payment of \$12,000.

During the last meeting the selectmen unanimously approved the command vehicle’s lease purchase for a total of \$53,543.60. This includes the 2021 Chevy Tahoe from Colonial Municipal Group of Plymouth, Mass., for \$38,763.75 as well as an electronics package from Ossipee Mountain Electronics of Moultonborough for \$14,779.85.

Selectman Kevin Hayes asked about the

two different quotes included in the bid. Carrier said the quotes were for the build from Massachusetts and the lower bid was a build from New Hampshire.

Carrier also confirmed the current command vehicle will be going to the Department of Public Works.

The lease purchase agreement came with a favorable loan interest rate. Town Administrator Scott Dunn said they got a memo from finance director Holly Burbank on the financial details of the lease purchase. The lowest bid for financ-

SEE **VEHICLE** PAGE 9

## Gilford Rotary goes country for fall fundraiser

Prepare to kick up your boots and get ready to dance! The Gilford Rotary Club is going “Country” for their fall fundraiser on Saturday November 6, 5:30-10

p.m. Join the fun as the Eric Grant Band takes the stage at the Gilford Youth Center.

“Gilford Rotary Goes Country” is sponsored by All Metals Indus-

tries of Belmont and Lakes Region Dental Care. The evening will feature a Western Barbecue Dinner by Tidewater Catering, delicious signature drinks,

and ice cream sundae buffet for desert. Cash bar, 50/50 raffle, photo booth, and dancing to the fabulous tunes of TheEricGrantBand.

The Gilford based

Eric Grant Band has taken the music scene by storm playing in front of thousands of fans in northern New England since their inception in 2009. They have been featured as a supporting act for national headliners such as Jason Aldean, Tim McGraw, Blake Shelton, Trace Adkins, Toby Keith, Eric Church, Lady Antebellum, Keith Urban, Brantley Gilbert, Lee Brice, Craig Campbell, Randy Houser, Keith Anderson, Lonestar, Sugarland, Zac Brown Band and Jo Dee Messina.

The band has soared to success over the past 10 years as they’ve opened for several headlining acts. They’ve won the national titles for New Country Band of the Year and Best Vocal Group of the Year. The band has also released two CD’s and have had multiple songs in rota-

tion on the local country radio stations as well as streaming media worldwide on Radio Gold and Nashville Favorite “The Iceman”. Eric Grant band has also acquired national recognition after winning the Southwest Airlines “Calling All Musicians” contest while at the same time completed production on their 2nd CD in Nashville with some of the biggest names in the industry.

Attendees can bid on more than \$5000 in Silent Auction prizes.

“Gilford Rotary Goes Country” Associate Sponsors include: T-Bones/Cactus Jacks, Fireside Inn & Suites, Gilford Home Center, Laconia Daily Sun, 93.3 FM The Wolf, Bank of New Hampshire, Gilford True Value, and Franklin Savings Bank

Admission for this adults-only event is \$50 per person. Tickets

SEE **FUNDRAISER** PAGE 9



COURTESY

“Gilford Rotary Goes Country” sponsors and Gilford Rotary Club’s Fundraising Committee members. L-R, Standing: “Gilford Rotary Goes Country” Chair Don Clarke; Tom Space representing All Metals Industries, Belmont; Gilford Rotary Member Alley Boucher for T-Bones Cactus Jacks, Laconia; Dr. Ashleigh Jones and Dr. Chandler Jones of Lakes Region Dental Care, Gilford; Adam Hirshan, Publisher, Laconia Daily Sun media sponsor, and Eric Grant for headliners Eric Grant Band.



Notes from the Gilford Public Library

Classes & Special Events  
April 8 - April 15  
\*Sign up and face masks required  
Thursday, April 8

\*Geri Fit, 9:45-10:45 a.m.  
\*Bridge, 10:30-11:30 a.m.  
\*National Library Week: Touch a Truck: Sweeper Truck, 10:30-

11:30 a.m.  
Come and celebrate National Library Week with our popular Touch a Truck. \*Call to register for a time slot. We will schedule visits for 10 children at a time. Masks required for ages three and up.  
\*Bird Feeders, 6-6:30 p.m.

Join Kayleigh on Facebook Live (or in-person!) to make an awesome bird feeder. Sign up to get your own bird feeder kit to get ready for spring! Limit to 12 people.

Friday, April 9  
\*Advanced Line Dancing, 9-10 a.m.  
\*sign up required, max nine people  
\*NLW: Police Car,

10:30-11:30 a.m.  
Come and celebrate National Library Week with our popular Touch a Truck. \*Call to register for a time slot. We will schedule visits for 10 children at a time. Masks required for ages three and up.  
\*Knit Wits, 1:30-2:30 p.m.

All knitters, stitchers, and fiber workers welcome! Work on your projects with other crafters in a comfortable place. Masks required. Maximum of 10 people.  
Advanced Conversational German, 2:30 p.m.

Monday, April 12  
Geri Fit, 9:45-10:45 a.m.  
Mahjong, 12:30-3 p.m.

Tuesday, April 13  
\*Geri Fit, 9:45-10:45 a.m.  
Bilingual Storytime, 10:30 a.m.  
Line Dancing-Lower Intermediate, 4-5 p.m.

Wednesday, April 14  
Check out an Expert, 10 a.m.-noon  
\*After School Teen Club, 2:30-3:30 p.m.  
Hangout with friends, play games, and make stuff. This club is whatever you want it to be! 5th-12th grade.  
Science at Home, 3:30-4:30 p.m.

Join Miss Jill in a fun flower color changing experiment! No sign-up is required, and it will be on Facebook Live!

Thursday, April 15  
\*Geri Fit, 9:45-10:45 a.m.  
\*Bridge, 10:30-11:30 a.m.  
Mother Goose On the Loose (Virtual), 10:30-11 a.m.

"The Last Traverse" by Ty Gagne-A Book Discussion, 6-7 p.m.

Join the Gilford Library and the Laconia Public Library for a discussion on the book The Last Traverse by Ty Gagne. Copies of the book will be available at both libraries. This discussion will be facilitated by Maura MacNeil, Professor of Creative Writing at New England College.

Gilford Public Library  
Top Ten Requests

- 1. "The Four Winds" by Kristin Hannah
- 2. "The Bounty" by Janet Evanovich
- 3. "Win" by Harlan Coben
- 4. "Double Jeopardy" by Stuart Woods
- 5. "The Last Traverse" by Ty Gagne
- 6. "The Nature of Fragile Things" by Susan Meissner
- 7. "The Girl from the Channel Islands" by Jenny Lecoat
- 8. "Dark Sky" by C.J. Box
- 9. "The Rose Code" by Kate Quinn
- 10. "Henna Artist" by Alka Joshi

Comfort Keepers

Seniors and sleep: How much sleep do older adults need?

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Many things change as we get older. Something that we don't necessarily expect to change is how we sleep. In fact, 46 percent of adults 65 and older have trouble falling asleep and sleeping well through the night on a regular basis.  
Adults over the age of 65 should be getting seven to eight hours of sleep per night. But getting quality sleep at night can

be difficult for seniors.  
As we age, our bodies make less of the chemicals and hormones that help us sleep well.  
Some seniors develop sensitivity to environmental factors affecting sleep, including noise and temperature.  
The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke.  
Arthritis and other conditions can also play a role in sleep quality due to chronic pain.

In addition, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia - all of which can negatively impact quality of daily life. In addition to affecting mood, lack of sleep can lead to issues with memory and an increased risk of falling.  
Inadequate rest affects mood- Not getting a full night of sleep can cause irritability, stress, problems with concentration, and mood swings. Long-term sleep

deprivation can lead to cognitive issues and depression.  
When seniors don't sleep, their bodies suffer- Headaches, body aches and weakness can sometimes be attributed to lack of sleep.  
Being tired can contribute to illness - When tired, an older adult's immune system doesn't perform as well, opening the door to illness and infection. Some studies have shown that lack of sleep can lead to heart problems, diabetes and it has even been associated with an increase in risk of breast cancer.  
Seniors that are having a hard time sleeping can get help from their doctor. However, there are a few things they can try at home to help ensure a restful night's sleep:  
Having a sleep schedule- going to bed at the same time every night, and getting up at the same time every morning, helps a person adjust to a natural sleep rhythm.  
Being mindful about eating habits- Alcohol, spicy foods, caffeine and a diet high in sugar can all cause sleep issues. Eating and drinking

close to bedtime can also be a problem for some - rather than having a full meal before bed, it's better to have a light snack or warm milk.  
Creating an individualized sleep plan- Changing nighttime routines, and daily activities, can have an impact on sleep. It's important for people to find out what works for them and create a schedule that they stick to - consistency is key! Some people find that more physical activity during the day helps them sleep better. Others find that napping during the day makes it harder to sleep at night, while some aren't affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help.  
Comfort Keepers® Can Help  
For seniors that want to change their daily routine and create a schedule for better sleep, the quality caregivers with Comfort Keepers can help. They can assist with scheduling and routine, increased activity during the day, physician-prescribed exercise and diet plans and

can provide transportation to scheduled appointments. Better sleep leads to more happiness during the day, and our goal is to help every client live a joyful life, regardless of age or acuity.  
To learn more about our in-home care services, contact your local Comfort Keepers location today.  
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# Laconia Rotary's 29th Annual charity motorcycle raffle underway

LACONIA – Wouldn't it be nice to cruise the roads of New England this summer on a brand new Harley? And what if your sweet new ride was all because you supported local charities like the Lakes Region Scholarship Foundation?

It's not just nice... it's possible!

Laconia Rotary Club is excited to announce the kick off its 29th Annual Charity Raffle and the chance to win a 2021 Harley-Davidson Street Glide. The billiard red FLHX bike is valued at \$23,752. Supporting this annual fundraiser is priceless! And, it is eas-

ier than ever. The \$20 ticket can be purchased early and often online starting today. Only 3,000 tickets will be sold.

Visit [laconiarotary.org](http://laconiarotary.org) to purchase tickets and view the Harley. Tickets can also be purchased through contacting a Club Member. Not a rider? You can purchase tickets on behalf of friends and family members who would love a new bike!

Laconia Rotary is deeply grateful to the local community, and recognizes the generosity received by this fundraiser over the years. Many Motorcycle enthu-

siasts riding into town for Laconia Motorcycle Week, purchase the "lucky ticket", have also supported the plethora of charities the Club is able to honor.

Traditionally, the Harley-Davidson to be raffled is available in the Fall prior to the next year's Motorcycle Week, allowing Club Members nine months to sell tickets. Due to the pandemic, the 2021 models were not made available until this February, shortening the window of opportunity for sales. The Club remains optimistic that Online ticket sales will be successful. Past ex-

perience suggests that many people look forward to purchasing tickets, while supporting local organizations at the same time.

Laconia Rotary President John Moriarty shares, "By necessity we are refining and streamlining how we promote and sell the tickets in 2021. In the end, it's not about the bike. It's about the thousands of people whose lives will be improved by the great work of the organizations we can support. Through fundraising efforts like the motorcycle raffle, Laconia Rotary has donated more than one mil-

lion dollars to this end."

This year's raffle ticket will be drawn on the final Sunday of Laconia Motorcycle Week at 4 p.m. Winners need not be present to win. For full details about the bike as well as terms and conditions of ticket purchase, please visit [laconiarotary.org](http://laconiarotary.org).

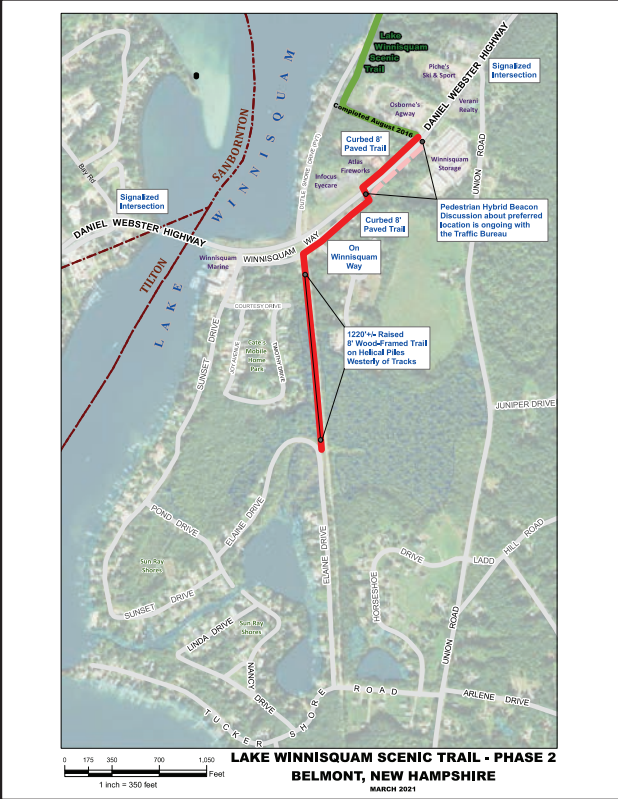
Special gratitude is extended to this year's raffle sponsors: Bank of New Hampshire, Laconia Harley-Davidson and Watermark Marine.

Laconia Rotary is a committed, friendly and diverse group of professionals who value service to the community

and education. It is a part of an international network, that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world.

Laconia Rotary typically meets every Thursday at noon. All are welcome. Please write to [LaconiaRotary@gmail.com](mailto:LaconiaRotary@gmail.com) if you are interested in attending a meeting. Visit [www.LaconiaRotary.org](http://www.LaconiaRotary.org) for more information about the club.

# Working to connect the Winnepesaukee Regional Rail Trail



REGION — The Winnepesaukee Regional Rail Trail from Lakeport to West Franklin has been a Lakes Region priority for over twenty years. There's a proposal being considered by the Lakes Region Planning Commission to extend the popular Lake Winnisquam Scenic Trail another half mile

to the south.

This proposed intermediate project connects to four and a half miles of continuous completed paved trail between the Lake Winnisquam Scenic Trail in Belmont and the WOW Trail in Laconia, extending this trail section to five miles. It also helps close the five-mile gap to reach

the completed 5.1 mile Winnepesaukee River section in Tilton and Franklin. The proposed Phase 2 trail segment in Belmont begins at Osborne's Agway where the existing trail section ends and crosses Route 3 using a new hybrid traffic light for pedestrians and bicycles. From there the proposed route parallels Route 3 and then turns south crossing a wetland area with a 1200 foot raised boardwalk adjacent to the railroad track and ends at Elaine Drive. Federal Highway Transportation Alternative Program funds with matching local funds are proposed for this \$1.25 million dollar project. Helical piles will be used to construct the boardwalk section of this scenic route. In addition to extending the existing trail, this project provides safe access to the trail to 1200 residences within one mile of the trail head on Elaine Drive.

Regional rail trails like many outdoor recre-

ation opportunities have seen significant increase in use during the last year. The Winnepesaukee River Trail section reports a 100% increase in trail use in 2020. The full 20-mile Winnepesaukee Regional Rail Trail envisioned by Laconia, Belmont, Tilton and Franklin connects to the 58-mile Northern Rail Trail in West Franklin. The Winnepesaukee Regional Rail Trail offers an outstanding recreation opportunity for local residents as well as drawing visitors to the Lakes Region. A 2019 Study by Alta Planning found that this 20 mile regional trail would generate additional visitor spending of \$6 million annually and 40 to 60 permanent new jobs, \$500,00 yearly in room and meals tax as well as mobility, health and safety benefits. Alta Planning projected a 20 year net total benefit of the completed trail to reach between \$67 million and \$89 million. Regional trail networks

across America draw large numbers of visitors as a destination and increase property values along the corridor.

While not fully completed, the Towns, trail groups, and dedicated volunteers engaged in building the Winnepesaukee Regional Rail Trail sections for decades are working hard to close the gap and join the trail together. "Some of us started working on this 30 years ago. We'd

like to see the trail fully connected", said Ron Mitchell, Chair of Belmont's Trail Team. This federal funding is only available every other year, so this is an important opportunity for the Lakes Region. For more information on this proposed addition to Lake Winnisquam Scenic Trail, contact the Town of Belmont Land Use Department.

## HIGH SCHOOL SLATE

**Monday, April 12**  
BELMONT  
Baseball vs. Newfound; 4  
Girls' Lacrosse vs. Laconia; 4  
Softball at Newfound; 4  
GILFORD  
Baseball vs. Prospect Mountain; 4  
Softball vs. Prospect Mountain; 4  
WINNISQUAM  
Baseball at Kennett; 4  
Softball at Kennett; 4

**Tuesday, April 13**  
BELMONT  
Track at Laconia; 4  
GILFORD  
Boys' Lacrosse vs. Laconia; 4  
Boys' Tennis at Prospect Mountain; 4

Girls' Tennis vs. Prospect Mountain; 4  
Track at Inter-Lakes; 4

**Wednesday, April 14**  
BELMONT  
Baseball at Newfound; 4  
Softball vs. Newfound; 4  
GILFORD  
Baseball at Prospect Mountain; 4  
Girls' Lacrosse at Laconia; 4  
Softball at Prospect Mountain; 4  
WINNISQUAM  
Baseball vs. Kennett; 4  
Softball vs. Kennett; 4

**Thursday, April 15**  
BELMONT  
Girls' Lacrosse at Gilford; 4

GILFORD  
Boys' Lacrosse at Laconia; 4  
Boys' Tennis vs. Prospect Mountain; 4  
Girls' Lacrosse vs. Belmont; 4  
Girls' Tennis at Prospect Mountain; 4

*All schedules are subject to change.*

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# The power of positivity

Every day, we wake up with the best intentions — or we like to think that most of us do. Each new day brings with it specific challenges. Many times, those challenges come by way of a misunderstanding or a shifted perspective. We have come to realize, long ago, that often there is more to a story than we can see at its surface. Just being aware of that one simple fact, can change the way a situation is viewed. Often times it's easier said than done, however the more we choose to remain optimistic the better. What might seem catastrophic in the moment is usually nothing more than a small frustration that has an easy fix and will pass. A wise man once said, 'Don't sweat the small stuff, and it's all small stuff.'

This isn't to negate the fact that larger issues do surface and take some time to sort out, however we need to remind ourselves that we are all surrounded by well intended, intelligent people. People who are willing to be helpful, generous, rational and kind through productive conversations will always find the pot of gold in any situation.

Remembering to check a kneejerk reaction before gathering all of the facts is crucial to your ability to remain optimistic. Again, this is not always easy, but once mastered can change everything.

Believe it or not, optimism is a choice and offers surprising benefits. Choosing to look on the bright side of life can lower your risk of heart disease and stroke while also extending your life.

One study revealed that individuals who spent five minutes a day thinking positive thoughts about their future increased their ability to be optimistic in just two weeks. Before turning in at night, list five things that you are grateful for and five things that you are looking forward to. Every time you stop at a traffic light, tell yourself something that you like about yourself. Keeping pessimists in your life at a distance is always a good idea.

When a negative thought does creep through your mind, that's ok. Recognize it, and decide how realistic it actually is. To offset those thoughts, try spreading positivity yourself. While at work, offer a co-worker an 'atta boy' or 'atta girl' for a job well done. If your child has been hard at work on a school project, tell them how proud you are. Send a letter to someone who has had a positive impact on your life. When you bestow positivity on others, it has a lasting effect on your own life.

One way to practice being more optimistic is to flip every negative thought with a positive one despite how creative you need to get. For example, if you're thinking 'I'm going to be late for dinner and I don't feel like cooking' you can flip that by reminding yourself about the wonders of the microwave and take out. If a rainy day has you feeling groggy, remind yourself that those are the best days to read all day, catch up on Netflix and not feel guilty about missing all of that sunshine.

A quote from Rodolfo Costa, "Learn to adapt. Things change, circumstances change. Adjust yourself and your efforts to what it is presented to you so you can respond accordingly. Never see change as a threat, because it can be an opportunity to learn, to grow, evolve and become a better person."



COURTESY PHOTO

## Heading to Nationals

The Lakes Region Elite Lakers fourth grade boys' basketball team won the Zero Gravity "Royal Rumble" Tournament recently, going 4-0 during the two-day tournament. This team, comprised of players from all over the Lakes Region, defeated the Wakefield Ballers in the championship game by the score of 49-26. With the win, the team has earned a spot in the Zero Gravity Nationals Tournament in June.

### North Country Notebook

## On Geography! On History! Even Concord's not enough!



By JOHN HARRIGAN  
COLUMNIST

It's not every day that you see a photo of a landing strip on the ice, yet there it was, and once again, it was a case of "Only in New Hampshire."

We can be sure of this because I've fact-checked it to death, and have flown my share with local pilots and bush pilots in the Far North, and New Hampshire indeed has the only FAA-sanctioned ice landing strip in the entire Lower 48.

The ice-strip is a matter of a good deal of pride among local and visiting pilots. A professional photographer in Rochester maneuvered his drone into just the right light to get the picture.

The photo wound up in wide circulation on Facebook, and initially was sent in by reader Vincent Bober of Rochester, who forthrightly noted, "Not my picture."

The photo was taken by one of several drones employed now and then by John Gisis, who's well known to many Lakes Region residents and summer visitors.



JOHN GISIS — COURTESY

Could there be any grander signal for impending ice-out than a disappearing runway? John Gisis's drone caught Winnepesaukee's Alton Bay—and the Lower 48's only federally-sanctioned ice runway—from around 400 feet on March 27.

When he's not seeing people through lenses, John enjoys flying drones in good weather and the right light, often centering on large and recognizable structures. Recently, for instance, he got the kind of perfect day and light he'd been waiting for to fly a drone around the iconic Tilton Arch.

+++++

Frost-heaves are a popular topic, with some of the more infamous stretches of New Hampshire's highways and byways seeming in the order of the Coney Island Roller-Coaster.

Local wags are sure to put signs out somewhere each year. This past week, a longtime friend sent in signs advising

SEE NOTEBOOK PAGE 5



TED LEACH — COURTESY

Hang onto your choppers, not to mention unmentionables. Wags everywhere are prone to setting up their own road signs at this time of year.

## Gilford Steamer

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FRANK G. CHILINSKI  
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frank@salmonpress.news

BUSINESS MANAGER  
RYAN CORNEAU  
(603) 677-9082  
ryan@salmonpress.news

OPERATIONS DIRECTOR  
JIM DiNICOLA  
(508) 764-4325

DISTRIBUTION MANAGER  
JIM HINKLEY  
(603) 279-4516

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

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

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## FROM OUR READERS

### Got Lunch grateful for support of Children's Auction

To the Editor:  
Gilford Got Lunch would like to acknowledge and express our grateful appreciation to the Greater Lakes Region Children's Auction for their generous donation to our efforts. We became a recipient of this year's awards. This

donation will contribute to our efforts to provide healthy lunch meals for the children of Gilford School System not only during summer school vacations, meals not only during the summer school vacation, but also on weekends during the school year.

We are grateful for the generosity of individuals, organizations, businesses, and grant providers who enable us to provide this important service, especially during this difficult time.

This is Gilford Got Lunch's seventh year.

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If you are interested in more information about the Gilford Got Lunch program, visit our Web site at [www.gilfordgotlunch.com](http://www.gilfordgotlunch.com).

Gilford Got Lunch



NOTEBOOK

passersby to tighten up their false teeth and underwear. Contributor Ted Leach, professional puppeteer and erstwhile publisher of the Monadnock Ledger, would say only that it was a random popup on Facebook but could be “anywhere in New England” (gee, thanks, Ted).

Along that line, I once hunted down an old pair of boots, cut the tops down to half a foot or so, and stuck them upside-down in a puddle to illustrate a story on a notorious stretch of potholes.

Nashua is not far enough. Manchester is not far enough. Even Concord is not far enough.

Come on, supporters of passenger rail! Now that the Infrastructure

Rebuild and Amtrak’s long-lost hopes are out, give voice!

Plymouth is the geographic center of New Hampshire. Well, okay, can we just sort of agree on this? (Pittsburg might lobby for Lincoln.)

Oh, the unending feasibility studies. Oh, the endearing strength and reach of the automobile industry. Oh, the shallow and boring Fourth Grade history classes. Oh, the convenient whipping-boy of China (“Americans won’t stand in line”). Oh, the mendacity of the media (“Gotta hold the Capitol Steps press conference in time for the 5 p.m. editors, in time for the 6 o’clock news!”).

Trains can still roll to Nashua and Manchester and beyond, and still do. Let’s not forget the

(Continued from Page A4)

undeservedly infamous (for the impatient, at least) coal train that fuels the big generating plant in Bow, just south of Concord.

Someone has been maintaining the rails north of Concord, to Plymouth and beyond. Perhaps on the crew is the ghost of Eddie Clark, an old engineer I knew.

(I need your help on this one, Ed. Today’s would-be commuters are not exactly steeped in tradition. Where are you? A tap on the shoulder will do. No dragging.)

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



The old Pemigewasset House had the Boston, Concord, and Montreal Railroad station built right into its foundation. The hotel burned in 1909, but the station was rebuilt—and stands to this day. (Courtesy Derek Strahan, lostnewengland.com)

Rogue Space Systems supports WinnAero



Rogue Space Systems CEO Jeromy Grimm (r) and Sensor Engineer Drashti Patel (c) welcomes WinnAero Education Director Dan Caron (l) to Rogue’s facility in Laconia where STEM Teacher Workshops will be offered starting in May.

GILFORD — The New Hampshire based satellite servicing start-up, Rogue Space Systems Corp., recently announced its support for STEM education for youth by partnering with the local non-profit STEM-group, WinnAero. The joint venture will offer professional development workshops for teachers in critical aerospace educational components starting in May. “Not only will Rogue Space Systems host these workshops in their facility in downtown Laconia, they are funding the first workshop tuition for teachers who apply,” said WinnAero Education Director, Dan Caron.

Caron went on to say that the generous offer from Rogue to sponsor the Rockets Workshop on May 10 will include free registration for teachers as well as a

complimentary one year membership in the curriculum provider, the Civil Air Patrol Aerospace Education Program. This membership opens the door for teachers to apply for STEM grants as well as access to a wealth of teaching materials.

“We are very pleased to be able to partner with WinnAero and offer this first workshop for area teachers,” said Jeromy Grimm, CEO of Rogue Space Systems.

Grimm added that “Rogue is committed to inspiring the next generation and supporting STEM education for youth is critical to Rogue and the future of space exploration. We look forward to expanding the partnership as we grow. From our equity crowdfunding offering on TruCrowd to our partnership with WinnAero, our company is all about

building a community. Rogue’s hope is that this will begin to lay the groundwork for space education in the New Hampshire Lakes Region where we look to develop a feeder program that can support our long-term employment and growth strategies in the coming years.”

Subsequent teacher workshops are The Space Environment (May 18), Space Activities for Grades K-5 (May 26) and Spacecraft (June 3). Registration for any of the workshops after Rockets is the respon-

sibility of the attendee; costs are \$40 per workshop which includes all materials, lunch and snacks. Workshop participants will actually do all the “hands on” activities of the day just as their own students would. All sessions are “stand alone” and teachers can decide how many sessions they wish to attend. The workshops will be held at Rogue Space Systems located at 84 Union Ave. in downtown Laconia. Check-in for each session is 8:30 a.m., with adjournment at 3:30 p.m. For workshop course descriptions and further details about the non-profit group, WinnAero, visit [www.winnAero.org](http://www.winnAero.org). For more information about Rogue Systems, please visit <https://rogue.space>.

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Ruth Mary Breton, 84



GILFORD- Ruth Mary Breton, 84, of Breton Road, died peacefully on Saturday, March 27, 2021, at Sarasota Memorial Hospital, Sarasota, FL, surrounded by family members, finally succumbing to Pulmonary Fibrosis while they were vacationing on Siesta Key.

Ruth was born October 4, 1936, in Laconia, NH, to Arthur and Kilda (Turcotte) Sewell. She attended Sacred Heart School and Laconia High School, where she graduated in 1955. She went on to marry her high school sweetheart, Gerard “Jerry” Breton, which continued an incredible love story that lasted another 65 years. She was a life-long parishioner at St. Andre Bessette Church.

Ruth worked many years in the family business, AW Sewell’s, on Main Street in Laconia. In 1985, she, her husband, and their three sons started “Jerry Breton and Sons Construction”. After retirement, she and Jerry wintered in Cape Coral, FL, up until 2018.

Among her favorite interests, family functions and gatherings topped the list for Ruth. She also enjoyed traveling; the most memorable

was a cross-country RV trip to Alaska.

As devout Patriots fans, Ruth and her family were always a group to watch the games with. She was an avid bocce and award-winning shuffle-board player. She loved board games and was very competitive. In earlier years, she enjoyed bowling, snowmobiling, tennis and gardening.

In addition to Jerry, Ruth is survived by three children, a daughter, Katherine McLellan of Laconia, and her partner Charles McKenna, and two sons, Gary Breton and his wife Terry Breton of Gilford, and Daniel Breton, and his wife Mary Breton, with whom Ruth and Jerry resided with at the Breton Homestead in Gilford, as well as 12 grandchildren, 14 great-grandchildren, and many nieces and nephews.

Ruth was preceded

in death by a son, Mark Breton, her parents, two sisters, Priscilla Smith and Grace Lewis, and a brother Peter Sewell.

Walk-through Calling Hours will be held on Friday, April 30, 2021, from 5:00 p.m. – 7:00 p.m. at in the Carriage House, at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant Street, Laconia, NH, 03246.

A Mass of Christian Burial will be celebrated at 10:00 a.m., Saturday, May 1, 2021, at St. Andre Bessette Parish – Sacred Heart Church, 291 Union Avenue, Laconia.

Burial will follow the Mass at Sacred Heart Cemetery, Garfield Street, Laconia, NH.

For those who wish, the family suggests memorial donations in Ruth’s name be made to the Pulmonary Fibrosis Foundation, 230 East Ohio Street, Suite 500, Chicago, IL 60611.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services and 603Cremations.com, Laconia, NH, is assisting the family with arrangements. For more information and to view an online memorial, please visit [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

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**NOTICE OF PUBLIC HEARING**

The Shaker Regional School Board will hold a Public Hearing relative to the acceptance of the ESSER II Grant. The hearing is scheduled for 6:00 pm on Tuesday, April 13, 2021 at Canterbury Elementary School.

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**Edward Jones: Financial Focus**

**Will investors change behavior after the pandemic?**

The COVID-19 pandemic may end up changing our lives in some significant ways. To cite one example, it’s likely we’ll see a lot more people continue to work remotely, now that they’ve seen the effectiveness of tools such as videoconferencing. Education, too, may be forever changed in some ways. Perhaps just as important, though, is how many people may now think more about the future – including how they invest.

If you work with a financial professional, you may have connected with this individual over the past several months through a videoconferencing platform, rather than in person. Some people like this arrangement because it offers more scheduling flexibility and eliminates the time and effort of traveling to and from an appointment. Others, however, still prefer face-to-face contact and look forward to when such arrangements will again be practical and safe for everyone involved. But if you’re in the

first group – that is, you prefer videoconferencing – you may now wish to use this communication method in the future, at least some of the time. But beyond the physical aspects of your investing experience, you may now be looking at some changes in your investment strategy brought on, or at least suggested, by your reactions to the pandemic.

For example, many people – especially, but not exclusively, those whose employment was affected by the pandemic – found that they were coming up short in the area of liquidity. They didn’t have enough easily accessible savings to provide them with the cash they needed to meet their expenses until their employment situations stabilized. Consequently, some individuals were forced to dip into their long-term investments, such as their 401(k)s and IRAs. Generally speaking, this type of move is not ideal – these accounts are designed for retirement, so, the more you tap into

them early, the less you’ll have available when you do retire. Furthermore, your withdrawals will likely be taxable, and, depending on your age, may also be subject to penalties. If you were affected by this liquidity crunch, you can take steps now to avoid its recurrence. Your best move may be to build an emergency fund containing three to six months’ worth of living expenses, with the funds held in a separate, highly accessible account of cash or cash equivalents. Of course, given your regular expenses, it may take some time to build such an amount, but if you can commit yourself to putting away a certain amount of money each month, you will make progress. Even having a few hundred dollars in an emergency fund can help create more financial

stability.

Apart from this new appreciation for short-term liquidity, though, the foundation for your overall financial future should remain essentially the same. In addition to building your emergency fund, you should still contribute what you can afford to your IRA, 401(k) and other retirement plans. If you have children you want to send to college, you might still explore college-funding vehicles such as a 529 plan. Higher education will still be expensive, even with an expansion in online learning programs. Post-pandemic life may contain some differences, along with many similarities to life before. But it will always be a smart move to create a long-term financial strategy tailored to your individual needs, goals and risk tolerance.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith, NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)



# Belknap Landscape leading the charge for electric fleet vehicles

LACONIA — As little as a few years ago seeing an electric vehicle in the Lakes Region was a novelty, but today the trend seems to be have taken a firm hold. As auto manufacturers launch more electric models and ranges for these cars increase many believe we'll likely see more electric cars on our roadways soon. Hayden McLaughlin of Belknap Landscape is one such believer.

"It's really something. We were looking for a replacement vehicle for our sales fleet, and we decided to check out electric cars almost out of curiosity. We've always had great experiences working with the folks at Cantin Chevrolet, so they were our first stop. When we landed on the Chevy Bolt, it just made sense," McLaughlin recalls. "We've always tried to be socially and environmentally conscious, which this car is,

but there are some neat features that were just practical for us too."

The Chevy Bolt is one of several new electric cars to launch over the past few years, and in addition to those eco-friendly features, Cheryl Wright of Cantin Chevrolet likes to remind people of the practicality of the car.

"Electric vehicles are as easy as owning a cellphone, just plug it in. With an average range of 259 miles, it covers most of the driving trips people make. With no oil changes, gas or spark plugs, yearly maintenance is minimal. But best of all, they are fun to drive," McLaughlin said.

While the Chevy Bolt or other electric cars has proven appealing to many consumers, commercial applications seemed to be lagging.

"I was surprised to hear we were the first to

approach Cantin's about an electric fleet vehicle. I feel confident we'll see many more operated by other companies soon. We're even seeing other types of electric equipment becoming feasible for commercial use. From mowers to excavators, the technology is catching up to our needs fast. We intend to keep a close eye on these options," said McLaughlin.

The convenience in charging electric cars has been going through a revolution too. A quick online search returns results of over 2 dozen charging facilities in the lakes region, a number which would be unheard of a short while ago. Charging stations are popping up at hotels, car dealerships, even some Dunkin's locations and rest areas such as those in Hooksett. Many electric vehicle owners fill their batteries at home, noting you can't fill your



COURTESY  
Cheryl Wright of Cantin Chevrolet shows Stephanie Sanford of Belknap Landscape the charging port of her new electric car.

tank of gasoline at home. Regardless of if you embrace electric cars, or you prefer gasoline, it is clear electric cars are here to stay. While

many consumers purchase these cars to "be greener," the cars themselves have become appealing beyond their environmental attribute. They've become business friendly.

To learn more about the Chevrolet Bolt or

other commercial vehicle options visit [cantins.com](http://cantins.com)

To learn more about Belknap Landscapes Eco-Friendly initiatives, follow them on all social media platforms or visit [belknaplandscape.com](http://belknaplandscape.com).

## PET OF THE WEEK

Buddy is a giant mush, a sweetie peetie if you will. However, he does need some time to warm up before he lets his walls down. But, when he does, holy moly does he melt your heart. Buddy may do well in a home with a cat friend or two, however it may be best for him to not have boisterous pups running around to spook him.



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## BUDDY



## HealthFirst Family Care Center welcomes Lisa Ellis Morrisette to Laconia practice

LACONIA — HealthFirst Family Care Center is pleased to announce that Lisa Ellis Morrisette, APRN, is joining its Laconia practice and is now accepting new patients seeking primary healthcare



Lisa Ellis Morrisette

services. Lisa has worked as a nurse practitioner in Internal Medicine for more than 17 years and has a special interest in preventative care and women's health.

Having worked and lived in the greater Laconia community for the duration of her career, Lisa is eager to continue her passion of caring for patients at HealthFirst and having the opportunity to care for families in the

community she calls home.

Prior to graduating from the University of New Hampshire with her Master of Science in Nursing in 2003, Lisa worked as a nurse in the operating room, home care, and with hospice and has cared for many patients with acute and chronic illnesses.

Morrisette will begin seeing patients three days a week starting on April 12. If you are looking to enroll as a new patient and wish to schedule an appointment, please call HealthFirst in Laconia at 366-1070 or visit [healthfirstfamily.org](http://healthfirstfamily.org) to request an appointment.

"We are so fortunate to have Lisa join our HealthFirst team of health care providers. Having a local, established provider choose to remain here and practice in the community they live in is especially unique and unusual in today's healthcare environment. Lisa is clearly a very dedicated provider and we are proud to have her join our team of professionals providing high quality health care in Laconia," said Russ Keene, Chief Executive Officer.

Morrisette stated, "I am looking forward to reconnecting with former patients, as well as establishing care with new patients at HealthFirst."

To learn more about HealthFirst Family Care Center or to enroll as a new patient of Lisa Ellis Morrisette's, visit [healthfirstfamily.org](http://healthfirstfamily.org) or call HealthFirst Laconia's office 366-1070.



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# Spring sports return to action in Gilford

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — It's set to be a busy spring season at Gilford High School, as the local sports teams gear up for a full slate of action, all starting next week.

The Gilford baseball and softball teams will open the season with home games against Prospect Mountain on Monday, April 12, before visiting the Timber Wolves on Wednesday, April 14. Gilford takes on Kennett in the second week, hosting the Eagles on Monday, April 19, and on the road in North Conway on Wednesday, April 21.

Gilford is set to take on Belmont in the season's third week, visiting the Raiders on Monday, April 26, and hosting on Wednesday, April 28. The Golden Eagles host the Winnisquam Bears on Monday, May 3, and then visit Til-

ton on Wednesday, May 5.

Plymouth is next on the schedule, with road games on Monday, May 10, and home games set for Wednesday, April 12, with Kingswood up next, with the Knights visiting town on Monday, May 17, and the Golden Eagles going to Wolfeboro on Wednesday, May 19.

Gilford finishes up the regular season against Laconia, on the road on Monday, May 24, and at home on Wednesday, May 26.

The Gilford lacrosse boys will be opening the season at home on Tuesday, April 13, and then visiting Laconia on Thursday, April 15. Kennett is up next for the Golden Eagles, with a home game on Tuesday, April 20, and a road game on Thursday, April 22.

Gilford takes on Inter-Lakes the following week, at home on Tues-

day, April 27, and on the road on Thursday, April 29. After a week off, Gilford will be at Plymouth on Tuesday, May 11, and will host Plymouth on Thursday, May 13.

Kingswood will visit town on Tuesday, May 18, and Gilford will head to Wolfeboro on Thursday, May 20, and the season wraps up with games against Laconia, starting with a home game on Tuesday, May 25, and finishing with a trip to Laconia on Thursday, May 27.

The Gilford lacrosse girls will be on the road to start the season, visiting Laconia on Wednesday, April 14, and will play the first home game of the season on Thursday, April 15, against Belmont.

The Golden Eagles are slated to take on Kennett on the road on Tuesday, April 20, and will host Kennett on Thursday, May 22. Gilford vis-

its Belmont on Monday, April 26, before hosting Inter-Lakes on Thursday, April 28, to wrap up the month.

Gilford is scheduled to host Belmont again on Tuesday, May 4, and then visits the Raiders on Thursday, May 6, with Plymouth in town on Tuesday, May 11, while the Raiders head to Plymouth on Thursday, May 13.

The Golden Eagles visit Kingswood on Tuesday, May 18, host the Knights on Thursday, May 20, and wrap up against Laconia, with a road game on Tuesday, May 25, and a home game on Thursday, May 27.

The Gilford tennis teams will kick off the season against Prospect Mountain, with the girls at home on Tuesday, April 13, and the boys on the road, with the teams switching locations on Thursday, April 15. The

Gilford boys will host Kennett on Tuesday, April 20, while the girls are in North Conway and the teams will meet again on Thursday, April 22, in the opposite locations.

Gilford takes on Inter-Lakes the following week, kicking off on Tuesday, April 27, for a girls' home match while the boys are away and the boys are at home on Thursday, April 29, and the girls head to Meredith. Moultonborough is up next, with the boys at home on Tuesday, May 4, and the girls on the road, with the teams switching locations on Thursday, May 6.

The Gilford girls host Plymouth on Tuesday, May 11, with the boys on the road and on Thursday, May 13, the boys are at home and the girls are on the road. The Golden Eagles wrap up the season against Kingswood, with the girls at home on

Tuesday, May 18, and on the road on Thursday, May 20, with the boys on the road for the first game and home for the final game of the season.

The Gilford track team will be on the road for the first three meets, visiting Inter-Lakes on Tuesday, April 13, and Tuesday, April 20, and Belmont on Saturday, May 1.

The first home meet of the season is Tuesday, May 4, then the Golden Eagles are back in Belmont on Saturday, May 8. Gilford hosts the final couple of meets of the regular season, set for Tuesday, May 11, and Tuesday, May 18.

All schedules are subject to change.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Lakers, Bulldogs earn hockey All-State honors



Kameron Young was named Division III First Team All-State.

BY JOSHUA SPAULDING  
Sports Editor

REGION — New Hampshire's boys' hockey coaches recently got together to select the All-State teams following the conclusion of the 2020-2021 season.

In Division II, Kingswood had three honorees, led by Second Team

honors from senior forward Nick Potenza and senior defenseman Bailey Savage. Also earning Second Team honors were Dario Ceppetelli of Dover, Jake Pelletier of Somersworth-Coe-Brown, Cooper Kinnaly of Winnacunnet and Ben Hardy of Merrimack.



Colin McGreevy was named All-State Second Team.



Andrew Spicuzza earned First Team All-State for Division III.

Kingswood junior defenseman Cody Emerson earned Division II All-State Honorable Mention. Also earning Honorable Mention were Alden Swiesz of Oyster River, Dominic Carozza of Merrimack, Carter Renaud of Winnacunnet, Luc Ouellette of Goffstown, Jack Poitras of Oyster River, Ryan Drouin of Somersworth-Coe-Brown, Alex Dureau of Dover, Joe Pillsbury of Merrimack, Jack Ellis of Winnacunnet and Britton Dunbar of St. Thomas.

Division II First Team went to Player of the Year Grady Chretien of Goffstown, Aaron Bono of Somersworth-Coe-Brown, Asa Forbes of Dover, Parker Fleury of Dover, Finn Connor of St. Thomas, Devon LaPierre of Dover and Claden Daubney of Oyster River.

Mike Young of Dover was named the Division II Coach of the Year.

In Division III, Ber-

lin-Gorham forward Tyler Rousseau was named the Player of the Year and was joined with First Team honors by teammate Ben Estrella, Kennett forward Wade Volo and goaltender Bryson Wroblewski, Laconia-Winnisquam-Inter-Lakes forward Kameron Young and defenseman Andrew Spicuzza.

Second Team honors went to Belmont-Gilford forward Owen Guerin and goaltender Colin McGreevy. They were joined by Ethan Molnar of John Stark-Hopkinton, Lucas Gay of Monadnock-Fall Mountain, Conor Sanborn of Hollis-Brookline-Derryfield and Matthew Dexter and Adam Omundso of Pembroke-Campbell.

Division III Honorable Mention went to Berlin-Gorham forward Griffin Melanson and defenseman Carter Poulin, Belmont-Gilford defenseman Zoltan Stefan and Laconia-Win-



Owen Guerin was named Second Team All-State for Division III

nisquam-Inter-Lakes goaltender Evan Rollins. They were joined by Andrew Duany of Lebanon-Stevens-Mount Royal and Rylan Morgan and Sal Vella of Hollis-Brookline-Derryfield.

Kevin Merrick of San-

born-Epping was named the Division III Coach of the Year.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Endicott College announces local Dean's List student

BEVERLY, Mass. — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2020 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

Kelli Vieten of Gilford is among those named to the Dean's List at Endicott College for the Fall 2020 semester. Vieten is majoring in Liberal Studies and is the daughter of Holly Vieten and Daniel Vieten.

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# A story of a jab

*Local reporter receives first COVID-19 vaccination*

BY ERIN PLUMMER  
mnews@salmonpress.news

COVID-19 vaccination signups are now open to anyone over the age of 16 and vaccination sites can be found across the state. How do you sign up? Where can you get the shots done? Does it hurt? These are a few questions a lot of people are asking right now, but yours truly has some personal answers to those after getting the first jab just this week. Read ahead as I relay my own experience with signing up with the system, getting in line for the shot, and what comes after.

On March 25, Gov. Chris Sununu announced that vaccine signups would be available to all people over the age of 16 starting on April 2. That week vaccination signups were open on a rolling basis by age group for the first few days with ages 40-49 eligible on Monday, March 29, 30-39 Wednesday, March 31, and everyone over 16 on Friday, April 2.

From a personal perspective, I have wanted to get vaccinated since a few months after the vaccines came out. As more information became available on how safe they were for most people and how studies have shown their effectiveness, I made the informed decision I wanted to get that shot for so many reasons.

## Bank of New Hampshire promotes Jen Goddard to AVP – BSA Compliance Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Jen Goddard to Assistant Vice President – BSA Compliance Officer. In this role, she will be responsible for the development and administration of overall procedures relative to the Bank Secrecy Act, including coordinating and monitoring the day-to-day compliance of the Bank’s BSA/AML Program and managing the BSA compliance team. She will also oversee the BSA Compliance Assistants.

Goddard joined Bank of New Hampshire as a Bank Services Representative in 2011 and later joined the BSA department as a Compliance Assistant in 2015.

“Since joining the BSA Department Jen has played a vital role in

Getting vaccinated is a personal decision, though I’d like to share my experience in case anyone wanted a general idea of the process. This is all anecdotal and only from my perspective and some anecdotes from people around me.

Being 41 myself, I signed up right on that Monday. As a habitual night owl, I was right on the state website (www.vaccines.nh.gov) at midnight though signups for my age group didn’t go live until around 1 a.m. The signup process on the state’s Vaccine and Immunization Network Interface (VINI) is pretty straightforward. It’s a series of short forms asking for basic personal info, past allergic reactions to the three available vaccines, allergies in general, if you’ve had a flu shot in the past 14 days, and some other basic health information. After filling out the form you will be given a confirmation email providing a link to click on to sign into your VINI account. This account will keep track of appointments and allow you to schedule and change any appointments. For me this process might have taken less than 10 minutes.

The next step is scheduling a vaccination: enter your zip code into the field and choose how many miles out you want to look for an appointment. The list of different locations will

come up along with their earliest appointment day. When you find an appointment day that works, click the link and click on the appointment time. This will lead to a confirmation page. After confirming the appointment, you will receive an email with a QR code to present at the appointment. Have this available on your smartphone or print out a copy of the email.

You are also told to have an ID that shows proof of New Hampshire residence, a full list can be found on the state website though in most cases a driver’s license or non-driver ID will work fine.

I put in my zip code for Meredith then looked down the list. Lo and behold there were appointments available right the next day at the Plymouth Armory. I immediately clicked the link and selected a time, then got the confirmation email. In about 36 hours I was going to get my first shot. Tuesday afternoon I was on my way up to Plymouth.

The Plymouth Armory location was drive-through, though a number of other locations like the Belknap Mall are in-person: it varies from location to location. In Plymouth all the cars were directed to loop around two of the parking lots by Langdon Woods Residence Hall. I think it took around 45 minutes from when

I first pulled into the line until I reached the check-in point by the armory complex itself. Members of the National Guard went to cars at the front of the line, scanned the QR code into a tablet, examined IDs, and directed people to go past the gate into the lot. The whole process was well-organized and efficient, plus the National Guard members were quite helpful and polite.

Driving around the armory led to the front parking lot, where there were rows of tables and mini tents. A member of the Guard was at the entrance directing cars to different stations. At each station cars were directed to stop and volunteers talked with people and administered the vaccine. I saw quite a few people from local fire departments, including Barnstead and Tilton-Northfield, as well as a number of healthcare providers.

I was then directed to a station where a gentleman from the Barnstead Fire Department looked at my ID, asked me questions about possible allergies or any recent vaccines. A moment later he pulled up my sleeve and told me I would feel a little pinch. I didn’t know how intense it would be, but it was in fact just a little pinch. The next thing I knew he was putting on a Band-Aid and that was it. Barely anything.

He gave me my

## Bank of New Hampshire promotes Martha Hughes to VP – Digital Sales & Service Manager

LACONIA — Bank of New Hampshire is proud to announce the promotion of Martha Hughes to Vice President – Digital Sales & Service Manager. In this role, she will continue to serve as a regional team lead, as well as oversee the Lincoln Office of the Bank while assuming the responsibilities of her new role. She will be implementing a review of processes, programs and staffing levels to identify opportunities to create a better customer experience.

“Martha continues to be a valued member of the Retail Team, using her wealth of knowledge to deliver outstanding experiences to Bank of New Hampshire customers,” said Cecile Chase, SVP, Retail Sales & Development Officer for



PHOTO BY ERIN PLUMMER

The line of cars leading up to the COVID-19 vaccination site at the Plymouth Armory.

vaccine card, where I learned I just got the Pfizer vaccine and the appointment for my second shot was already written on the back. I was then instructed to drive to the other side of the parking lot and wait 15 minutes in case there were any allergic reactions. If I felt off, I should honk the horn otherwise I could just leave after 15 minutes. In my case 15 minutes came and went uneventfully and I was on my way to Main Street for some coffee and snacks at Café Monte Alto before heading home.

My arm was slightly achy a few hours after the shot, by the next day the area where I got it was just sensitive to pressure. It was like

working out a little too hard, though having had a few tetanus shots in my time this wasn’t an unfamiliar feeling. I read somewhere online that massaging he muscle helps and it indeed did, just do it carefully. The ache went away after a couple days. The slightly sore arm was the only side effect I’ve gotten after that first shot. It might be a different story after my second dose but stay tuned for a month from now, I guess.

For more information on signing up for the vaccine, including step-by-step user guides on how to sign up for the process, visit vaccines.nh.gov or call 211 for more information.

## Bank of New Hampshire welcomes back Tammie Mahoney

LACONIA — Bank of New Hampshire is proud to announce that Tammie Mahoney, NMLS# 525562, has rejoined our team as Assistant Vice President – Mortgage Loan Officer. In this role, she will provide existing and prospective customers with detailed information regarding the benefits of Bank of New Hampshire mortgage loan products and services. She will be responsible for working with customers to complete the mortgage loan process.

“We are delighted to

have Tammie back with us,” said Evelyn Whelton, SVP, Retail Lending Sales Manager for Bank of New Hampshire. “She has a strong connection to the region and is well regarded by our customers for her ability to guide them through the home loan process.”

Mahoney has decades of experience in banking, including branch management, sales and mortgage origination. She joined Bank of New Hampshire in 2008 as a Mortgage Loan Officer until June 2020.

Mahoney has earned various banking related recognitions. Most recently, she is a 2018 graduate of the NH Housing Fellowship Program and a 2018 graduate of Leadership Lakes Region. She is an affiliate member of the Lakes Region Board of Realtors and serves as the Chairperson for the Lakes Region Board of Realtors Scholarship Committee. She is also an active volunteer in her community.

Bank of New Hampshire is excited to have Tammie as part of the team as we aspire to re-

main an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Tammie will be working out of the bank’s Laconia office located at 62 Pleasant St., and can be reached at 527-3398 or at mahoney@banknh.com.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and

businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

ry, and is actively involved in local business and community service events.

Bank of New Hampshire is excited to have Martha in this new role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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FLAG (Continued from Page A1)

lettering or seals, it is district, keeps three to four colors so a child can draw it,” Brown said.

Brown asked if the selectmen would adopt this as Gilford’s official flag.

Board members over-all said they liked the concept.

“I appreciate the fact that you have taken so much time and pride in our great community,” said board Chair Gus Benavides. “It’s people like you that make this such a great place to live, so thank you so much; I really say that sincerely.”

Selectman Chan Eddy said this is something that the voters should decide on, possibly as a warrant article. He recommended that Brown make this concept into a petition warrant article and get 25 registered voters to sign for a future town meeting vote.

“I kind of like the idea,” Eddy said. “It’s a very simple, very clean design. I see a lot of thought went into it, but again, I think that its something that the townsfolk should decide, not just the three of us.”

Benavides also said Brown can spread the word of his design, including posting it on social media. Eddy said the design could also go on the town’s Facebook page.

Selectman Kevin Hayes said he wanted to see a full-size replica and how it would look on a flagpole.

Brown said he could work on all of this.

BIDS (Continued from Page A1)

permission otherwise is given in writing. All work has to be done between 7 a.m.-3:30 p.m. and cleanup has to be completed by 5 p.m. Any permitted night work will have to be done under floodlights.

“Prior to the close of work, the project shall be placed in the best possible condition for the comfort and safety of the traveling public, and arrangements shall be made for responsible personnel to maintain the project in the above conditions,” read the RFP.

For the full RFP and all the information and specifications for 2021 visit [https://www.gilfordnh.org/assets/municipal/10/postings/2021\\_Road\\_Improvement\\_RFP\\_-\\_REV.pdf](https://www.gilfordnh.org/assets/municipal/10/postings/2021_Road_Improvement_RFP_-_REV.pdf).

VEHICLE (Continued from Page A1)

ing came from Franklin Savings Bank at 1.9 percent for a five-year loan. Dunn recommended the board accept that loan for the lease purchase and authorize him to sign the documents.

“Nice work, Holly,” Hayes said.

Dunn also reported that the town received its new ambulance that week. As of the meeting it wasn’t really online, though the town had it.

Additionally, Public Works had a new Ford F-550 truck online and the old one was gone. Dunn said it took about a year to get that vehicle.

FUNDRAISER (Continued from Page A1)

can be purchased online at <https://gilfordrotary-goescountry.eventbrite.com>. Tickets are also available from Gilford Rotary Club members and at Greenlaw’s Music in downtown Laconia. Fireside Inn & Suites, located in Gilford, is offering discounted overnight accommodations to event attendees.

For more information contact Don Clarke at email: [don@pen-nypitotravel.com](mailto:don@pen-nypitotravel.com) or phone/text: 455-9909.

Proceeds from “Gilford Rotary Goes Country” will benefit nonprofit organizations supported by the Gilford Rotary Club including the Gilford Youth Center.

Bring your friends and family members to

# Belknap Mill to host “Pandemic Puddle Portraits” by Colleen Wilson



LACONIA — The Belknap Mill is proud to host Colleen Wilson through the month of April in the Lobby Gallery as well as virtually on the Belknap Mill’s website [www.belknap-mill.org](http://www.belknap-mill.org). Colleen will go live via the Belknap Mill’s Facebook page on Tuesday, April 6 at 5 p.m. Viewers can tune in for a live interview with the artist.

Colleen is a native of

Laconia who recently returned after almost 20 years in southern Maine. She is a cat person and a morning person who developed a habit of watching the daily sunrise on the Maine coast, often

capturing images with her cell phone. The routine of greeting the sun and spending time in nature inspired her to purchase her first “real” camera (a Nikon, because of the Paul Simon song) and the two have been nearly inseparable since. During her time in Maine Colleen won a photo contest for Down East Magazine (her first published photo) and began a project to photograph all 65 lighthouses in the state.

Upon her return to the Granite State last year, Colleen traded lighthouses for covered bridges (55 of them in New Hampshire) and has only two bridges left to photograph! While in New Hampshire, she also continues her daily routine of watching the sunrise, and is always looking on the ground

for puddles (the perfect canvas for a reflection photo). Before long, she had ‘favorite’ puddles nearby some of Laconia’s most interesting buildings: the historic train station, the library, and the United Baptist Church in Lakeport.

Being back in Laconia has provided Colleen the opportunity to spend more time with her family, and she takes advantage of that by walking with her mother, longtime Laconia resident MaryAnn Wilson. After a rainstorm, their walks typically turn into puddle-hunting adventures where Colleen shoots and MaryAnn waits patiently for her daughter to move on to the next puddle, sometimes keeping a lookout for traffic when the puddles are in the road.

In December of 2020,

Colleen created “Reflections of Laconia” a 2021 calendar filled with her pandemic puddle project images. The creation and promotion of that calendar led to Colleen receiving an invitation to exhibit her puddle photographs at the Belknap Mill. She is excited to present this collection of “pandemic puddle portraits” of our City on the Lakes. Three of the frames in the exhibit were crafted by Colleen’s father, local resident and woodworker Patrick Wilson. All items in the exhibit are for sale, and additional prints or formats may be purchased by contacting Colleen, her information is listed below: [www.colleenphaedraphotography.com](http://www.colleenphaedraphotography.com) or by email: [colleenphaedraphoto@gmail.com](mailto:colleenphaedraphoto@gmail.com).

# LRAA Gallery on the move...and then some

TILTON — Tom Hitchcock, President of the Lakes Region Art Association, reports, thanks to the generosity and support of the Tanger Outlet Mall management, the LRAA/Gallery will move from its present address to a larger and more centralized location in the same mall, to suite number 300.

“We’ll be moved and back in business by April 1, and we couldn’t be more excited about our change of venue,” said Hitchcock. “This move will now allow us to create a new look, become a more interest-

ing gallery featuring not just fine art and photography, but also add one-of-a-kind handcrafts too. Crafts will include all types of original items from sculpture to carvings, pottery etc., not jewelry or apparel, we are not in the business of making people look good, but instead, what we offer is décor. Also, Instead of just displaying fine art on the walls, like in a museum where nobody talks a above whisper, we’ll be creating unique and ‘lively’ settings using different props and materials to enhance what you see. It’ll all be

refreshingly different, distinctive and set us apart from other galleries with that certain je ne sais quoi. After all, we are in the business of providing fine art, photography and crafts to liven-up one’s home, office or place of business, so do it with imagination and ‘spunk’, enough so everyone will keep coming back to see ‘what’s new.’”

Another “move” by

the LRAA/Gallery is actually an increase in the number of art and photography classes held there. Very inexpensive courses teaching how to draw, paint watercolors, oils, acrylics and photography, etc.

In addition, another “move” is for our grand opening of the gallery, Sunday, May 2. 2-5:30 p.m. It’ll include our ‘Fabulous Flowers and Fine Arts Festival.’ A

number of lakes region florists and garden centers will participate by providing creative and beautiful floral arrangements for the month of April in the gallery.

The grand opening will include refreshments, a raffle and live music. Admission is free. The Lakes Region Art Association and Gallery is a non-profit, 501 c-3 organization dedicated the promotion and

support of art and artists in the lakes region. The new address is: Tanger Outlet Mall, 120 Laconia Rd., Suite 300, Tilton. Open Thursday-Sunday, for gallery sales 10 a.m.-6 p.m. Open weekdays and evenings for art and photography classes. Call to inquire, 998-0029, and/or visit the LRAA/Gallery Website: [www.LRAANH.org](http://www.LRAANH.org).

## Bank of New Hampshire promotes Cindy Salta to VP – Prestige Plus Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Cindy Salta to Vice President – Prestige Plus Officer. In this role, Cindy will direct, administer and manage the entire Prestige Plus program, a professional travel program which is a benefit to our valued customers who are 45 years of age or older and maintain a Prestige Checking Account. In addition, she will support planning and implementation of executive level events and meetings.

“Cindy’s breadth of experience and willingness perform any necessary function makes her

one of the most valuable employees in our organization,” said Michael Seymour, SVP, Chief Marketing & Retail Lending Administration Officer for Bank of New Hampshire. “For our Prestige Plus members, Cindy is Bank of New Hampshire.”

During her career with Bank of New Hampshire, Salta has held many positions including Bank Services Representative, Customer Service Representative, Customer Service Center Representative & Prestige Plus Assistant and Assistant Vice President – Prestige Plus Officer.

Salta holds a Travel

& Tourism Degree from New Hampshire Technical Institute. She is a volunteer at Hands Across the Table in Laconia, and a parent booster for the baseball team at Plymouth State University.

Bank of New Hampshire is excited to have Salta in this new role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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ing and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).



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Letter of interest and resume must be submitted  
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**Board of Selectmen**  
**"Beach Attendant"**  
P.O. Box 11  
Ctr. Barnstead, NH 03225

**e-mail: [barntownhall@metrocast.net](mailto:barntownhall@metrocast.net)**

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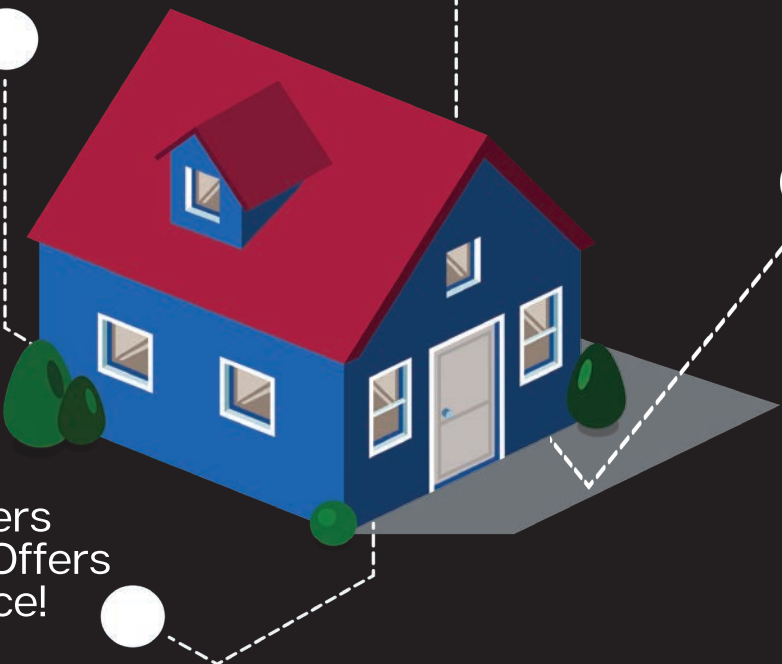
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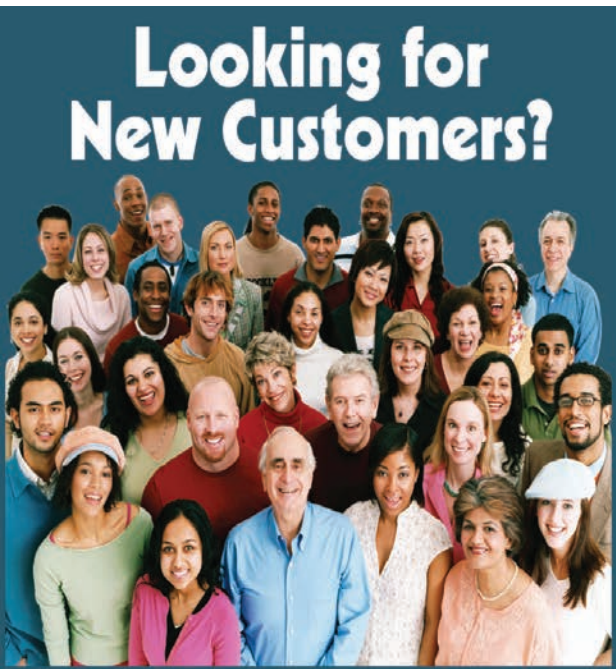


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