

Gunstock Mountain Resort to host Bronco Off-Roaddeo

Following the debut of Bronco Off-Roaddeo Texas earlier this summer, Bronco Off-Roaddeo New Hampshire will be held at Gunstock Mountain Resort in Gilford starting Aug. 16.

“When we were choosing locations for our Bronco Off-Roaddeo schools, regional diversity was important, as was varying topography,” said Dave Rivers, Bronco brand marketing manager. “But at the heart of our strategy was finding the most epic locations to give Bronco owners the best outdoor experiences possible. The sceneries at all four locations are simply amazing.”

The Bronco Off-Roaddeo experience at Gunstock will put off-roaders to the test across miles of curated trails during an extended one-day, 10-hour session, while teaching them about the capabilities and performance of their all-new two- and four-door Bronco SUV. Bronco owners can leave their vehicles at home when they visit Gunstock Mountain Resort’s Bronco Off-Roaddeo experience, instead driving a model provided that’s similar to their own.

Bronco Off-Roaddeo New Hampshire
“We are excited that Gunstock Mountain Resort is one of four destinations in the US to be hosting the Ford Bronco Off-Roaddeo experience,” said Gunstock
SEE **ROADEO** PAGE 7



Bolduc Park hosting annual golf tournament this weekend



Bolduc Park Golf and Disc Golf Tournaments will be held Aug. 20 - 22. Pictured, l to r: Brian Lamontagne of Major Tournament Sponsor – Franklin Savings Bank; Kristene Dautheil of Major Sponsor - Bank of New Hampshire; Coach Ted Foster and campers from Fosters Golf Camp; Bolduc Park Volunteers - Bob Bolduc, Anne Bole, Greg Lemay and Randy Annis; Robyn Masteller of Major Sponsor Meredith Village Savings Bank. No pictured are major sponsor representatives from Pepsi Co. and Wood and Clay Fine Homes.

A \$10,000 hole-in-one contest for amateur golfers is one of the many prizes at the 28th Annual Bolduc Park Golf Tour-

namment, to be held Aug. 20-22. The Fifth Annual Chris Daigle Memorial Disc Golf Tournament will take place Sunday,

Aug. 22. The tournaments are open to the public, and to all ages. Closest to the pin, a putting contest

and an awards luncheon round out the action on Sunday afternoon at 4 p.m. Pre-register to play
SEE **TOURNAMENT** PAGE 7

Gilmanton Historical Society to present program on history of Kitchen family

GILMANTON — Gilmanton Historical Society’s 2021 summer series continues with History of Gilmanton’s Kitchen Family on Aug. 24. Wendy Berlind, a descendentn of the Kitchens, will tell us about the family and how it helped shape the history of Gilmanton Corners beginning in the late 1800s. Coming from East Orange, New Jersey, the Kitchens were one of the first families who helped make Gilmanton a destination for summer visitors. The program will be held at Old Town Hall in Gilmanton Iron Works. Social hour begins at 7 p.m.; the program begins promptly at 7:30 p.m.

The Society’s Museum, at Old Town Hall, will be closed on August 14 and will be at Smith Meetinghouse on the 21st for Old Home Day.

On Saturday afternoon, Aug. 28 beginning at 2 p.m., the Conservation Commission will host an event at the Meetinghouse Conservation Area to
SEE **KITCHEN** PAGE 7

A fitting finish to the Tokyo experience

BY JOSHUA SPAULDING
Sports Editor
TOKYO, Japan — I entered my first Summer Olympics with the hopes of attending the Opening Ceremonies or the Closing Ceremonies. In both Sochi in 2014 and PyeongChang in 2018, I arrived just a bit too late to attend the Opening Ceremonies and left a bit too early to attend the Closing Ceremonies. So, when I booked my hotel rooms and flights for Tokyo, I purposely made sure I was flying in the day before the Opening Ceremonies and was flying out the day after the Closing

Ceremonies. My hope was that I would be able to attend at least one of the ceremonies this time around. Of course, the pandemic, like it has with everything else, messed up those original plans. Because I had to quarantine for the first three days I was in Tokyo, I watched the Opening Ceremonies from my hotel room, which was very much like how I watched the Opening Ceremonies for my previous Olympics. In Sochi, I was in the Moscow airport while the ceremonies were taking place and in PyeongChang, I was

in the lobby of the media housing while the ceremonies were going on and I watched both on television. For those that aren’t aware of how the credentials at the Olympics work, our press credentials get us into any of the sporting events, but there are a few exceptions, called high demand events. The Opening and Closing Ceremonies fall into this category, as do some of the events. In the Winter Olympics, figure skating finals are amongst those that are high demand. At the Summer Olympics, SEE **FINISH** PAGE 7



JOSHUA SPAULDING
THE FLAGS of the participating nations file in past the Olympic Flame during the Tokyo 2020 Closing Ceremonies.

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
Aug. 19 – Aug. 26

Thursday, Aug. 19
Geri Fit, 9-10 a.m.
French, 4-5 p.m.
Book Discussion:
This Tender Land, 5:30-6:30 p.m.

Friday, Aug. 20
Senior Sculpt, 9 a.m.
Exercise for 55 and older. Please bring your own two-to-three-pound dumbbell, a stretch band, and water. *Please consult with a physician before engaging in this physical activity.
Bridge, 10:30 a.m.-

12:30 p.m.
Hand & Foot, 12:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Lower Intermediate Line Dancing, 4-5 p.m.
Craft & Movie: "Drive-In" Adventure, 6-9 p.m.
Join Miss Jill for a drive-in craft and mystery movie experience

at the library! Decorate your own mini car (cardboard box) and bring your blanket to stay cozy. We will have popcorn, candy, and drinks. Sign-up is required.*

Monday, Aug. 23
Geri Fit, 9-10 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-3 p.m.

Tuesday, Aug. 24
Senior Sculpt, 9-10

a.m.
Bridge, 10:30-11:30 a.m.
Lower Intermediate Line Dancing, 4-5 p.m.

Wednesday, Aug. 25
Check out an Expert, 10 a.m.-noon
Nature Bracelet Storywalk, 10:30-11:30 a.m.
Join Miss Jill for a unique nature bracelet making storywalk! On the trail you'll be

collecting small leaves, flowers, and other natural treasures to stick on your bracelet, while listening to a beautiful story. No sign up required. Meet at the Gilford Elementary School's main parking lot.

Thursday, Aug. 26
Geri Fit, 9-10 a.m.
French, 4-5 p.m.

Gilford Public Library Top Ten Requests

1. "The Noise" by James Patterson
2. "The Shadow" by James Patterson
3. "Sooley" by John Grisham
4. "Vortex" by Catherine Coulter
5. "The President's Daughter" by Bill Clinton
6. "It's Better This Way" by Debbie Macomber
7. "21st Birthday" by James Patterson
8. "The Four Winds" by Kristin Hannah
9. "Blind Tiger" by Sandra Brown
10. "The Personal Librarian" by Maria Benedict

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Aug. 9-12.
Joshua E. Ripley, age 28, of Gilmanton was arrested on Aug. 9 for Criminal Mischief, Criminal Trespassing, Violation of a Protective Order, and multiple counts of Breach of Bail.
Robin Michelle Bleheen, age 46, of Holbrook, Mass. was arrested on Aug. 10 for Simple Assault-Bodily Injury.
Jeremiah R. Paul, age 35, of Alton Bay was arrested on Aug. 10 in connection with a warrant.
Daniel S. Kelly, age 26, of Canterbury was arrested on Aug. 12 for Driving After Revocation or Suspension (subsequent).
Carissa M. Moran, age 37, of Laconia was arrested on Aug. 12 for Willful Concealment.



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Forbes names Bank of New Hampshire Best-In-State Bank

LACONIA — Bank of New Hampshire is honored to have recently been named Best-In-State Bank 2021 for the state of New Hampshire by Forbes.
Forbes partnered with market research firm Statista to compile data to determine the winners for each state. The recognition is based on an independent survey of approximately 25,000 U.S. consumers who were asked to rate their bank at which they have or previously had checking accounts. Financial institutions were scored on overall recommendations and satisfaction, as well as five subdimensions (trust, terms and conditions, branch services, digital services, and financial advice).
Out of the more than 4,978 FDIC-insured banks in America that met the eligibility requirements, only 2.7 percent of the banks were named to the 2021 list. Across all U.S. states 135 unique banks were awarded, but Bank of New Hampshire was the only bank awarded for the state of New Hampshire.
"Bank of New Hamp-

shire is thrilled to have received this recognition from Forbes on their list of America's Best-In-State Banks 2021," said Christopher Logan, President & CEO for Bank of New Hampshire. "Our employees continually go above-and-beyond to provide our customers with premium service, and this award is an affirmation that our customers have recognized that."
Bank of New Hampshire is proud to have received this award 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.
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.



Vintage Vocal Quartet to perform Sept. 5 at Taylor Community

LACONIA — Taylor Community's 2021 Concert Series sponsored by Bank of New Hampshire features the Vintage Vocal Quartet, Sunday, Sept. 5 at 3 p.m. in the community's Woodside Building.
The quartet's repertoire is inspired by groups like Glenn Miller's Modernaires, the Nat King Cole Trio and the Andrews Sisters. If you love vocal harmony and swing music, the Vintage Vocal Quartet has your number!
While the event is open to the public, all attendees are required to be vaccinated. As space is limited, please make a reservation by calling Brenda at 366-1226 or emailing her at bkean@taylorcommunity.org.
Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

Nicole Turpin named to Union College Dean's List

SCHENECTADY, N.Y. — Nicole Turpin, of Laconia was named to the 2021 Dean's List at Union College.
Turpin is a member of the Class of 2024 majoring in Biomedical Engineering.
Comprised annually, the Union College Dean's List honors students who have a grade point average of 3.5 for the entire academic year and meet certain other requirements.
Union College, founded in 1795 as the first college chartered by the New York State Board of Regents, offers programs in the liberal arts and engineering to 2,100 undergraduates of high academic promise and strong personal motivation. Union, with its long history of blending disciplines, is a leader in educating students to be engaged, innovative and ethical contributors to an increasingly diverse, global and technologically complex society.

Archery range laid out at Belknap County Sportsmen's Association

GILFORD — The Belknap County Sportsmen's Association has an archery range laid out at its club location having (QTY) 10 3-D targets. As you prepare for the upcoming archery season beginning Sept. 15, think about joining the club to sharpen your shooting skills.
A basic club membership, which includes use of the archery range, is only \$25.
Use of the archery range as well as the rifle range costs \$80 for a single member and \$85 for a family membership. The family membership includes everyone in your household under the age of 18.
Applications to join the club can be found on the club's web site, belknapcountysportsmens.org. You can fill the application in online, pay online and receive your membership card within a few days.

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THE GILFORD STEAMER
PUBLISHED BY
SALMON PRESS

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USPS 024967
The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.

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A nightmare ending to a very strange experience

I am writing this column on Saturday, less than a week after returning from Tokyo.

The Tokyo Olympics were definitely a unique experience, given the lack of fans, the Olympic bubble we as media lived in and the whole pandemic of it all.

But, if you had told me that my five hours in Narita Airport on my way to cover the Olympics would be the easiest part of my Olympic travel, I would've told you that you were crazy.

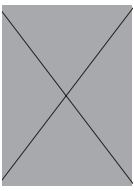
But, that was before the Air Canada disaster that was the trip back to the United States.

We were advised to arrive at the airport early, as there were a lot of people leaving Tokyo on Monday. Because I downloaded my boarding pass the previous day, I was able to bypass some of the very long lines and got through security relatively easily.

However, about half an hour before we were scheduled to board, the announcement came that our flight was delayed by an hour, which was not going to leave

SPORTING CHANCE

By JOSHUA SPAULDING



me much time to make my connections in Toronto.

Thankfully, the pilot made good time and I got off the flight in Canada with about an hour to get through customs and get to the plane to Boston. Because we were connecting quickly, we didn't have to wait for our bags at customs and got through relatively quickly, as each board we encountered said the Boston flight was "on time."

As it turns out, it was not. I got to the gate and the woman told me that the flight was delayed by an hour. About half an hour later, the flight was moved to a different gate and then 15 minutes after that, it was cancelled all together.

We got no explanation, we were just told to go to the customer service desk. We weren't the only flight cancelled and the line at the desk was not short and was

not helped by the fact that there was just one guy trying to handle everything. He was doing the best he can dealing with a lot of people who weren't happy. I give him all the credit in the world for keeping his cool the entire time.

They gave us a hotel voucher and food vouchers and then we had to clear Canadian customs, which involved another very long line with a lot of people who were not terribly happy. I spent about four hours in the hotel, but didn't really sleep, getting up pretty early to get in line to get through US customs in the morning. This was my third trip through customs in less than 12 hours, which is what everyone dreams of on their trips.

I cleared security and customs relatively quickly and went to my gate, only to have the flight to Boston delayed not once, not twice, not three times, but four times. Instead of the 8:30 a.m. departure, we left close to 11 a.m.

And of course, once I got to Boston, my suit-



JOSHUA SPAULDING

THIS BILLBOARD in the Tokyo airport advertises the Beijing 2022 Winter Olympics, coming up in just a few months. This was before the nightmare that was the trip home.

case did not. I had to fill out more paperwork to make my baggage claim.

Then, finally, I called the park and ride, got a ride to my car and headed home, absolutely exhausted with no clean clothes. And it was off to rehearsal for Laughing Stock, which opened this past weekend at the Village Players Theater in Wolfeboro.

My suitcase eventually arrived, showing

up on my doorstep on Thursday afternoon, dirty clothes and all.

Needless to say, it was a fitting ending to a trip that had more hoops to jump through than anything that I've ever done.

Now, it's back to the real world.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News,

Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundland Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

LRSO String Quartet to perform at Mill Falls Marketplace

MEREDITH — Let's make some music! With pent-up demand from performers and audiences alike, the LRSO String Quartet will be performing a variety of music in a free outdoor concert on Saturday, Aug. 21 at 4 p.m. at Mill Falls Marketplace in Meredith.

LRSO Concertmaster, violinist Margaret Hopkins, will be joined by talented colleagues violinists Muriel Orcutt, violist Sally Wituszynski, and cellist Kari Jukka-Pekka (JP) Vainio. The Ensemble will be performing a delightful mix of pieces including "Nocturne", by Borodin, "Rosamunde, 1st move-

ment by Schubert," "Gabriel's Oboe," "Delibes Flower Duet" and more.

The concert is free, and is part of the Orchestra's outreach to bring live music back into the Lakes Region.

New Venues

In addition to performing at the Inter-Lakes Auditorium, the Lakes Region Symphony Orchestra is excited to announce performances at two new venues starting November 6 at the Hanaway Theatre, Plymouth State University, and on December 10, 2021 and again on May 15, 2022 at the beautifully refurbished Colonial Theatre

in Laconia. To view LRSO's full 2021-2022 schedule and program details, please go to www.LRSO.org.

About The Lakes Region Symphony Orchestra The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing over 30 communities in the Lakes Region and beyond. For over 40 years the Orchestra has been focused on showcasing young talent and

providing a venue for local musicians to perform orchestral music

ranging from classics to contemporary, all in the valued community set-

ting of the Lakes Region of New Hampshire.



COURTESY

Members of the Lakes Region Symphony Orchestra String Quartet will entertain at the Mill Falls Marketplace in Meredith, Aug. 21 at 4 p.m.

Unitarian Universalist Society of Laconia (UUSL) receives Green Sanctuary accreditation

LACONIA — The congregation of the Unitarian Universalist Society of Laconia (UUSL), the little white church, on Pleasant Street in Laconia, has recently completed demanding requirements for being accredited as a Green Sanctuary by the UU Association (UUA) of the USA.

There is no vaccine for the Global Warming and the Climate Crisis, and it may be the terminal critical crisis for humanity. UUSL believes it will take all of us, Republicans, Democrats, and Independents, constructively working together, to control this accelerating Global threat.

The UUA Green Sanctuary Accreditation provides a path to address climate change and environmental justice. UUSL has been accredited as a Green Sanctuary in recognition of service and dedication to the earth and future generations.

In this over two-year effort, challenged by

the COVID-19 epidemic, UUSL has completed activities summarized below, to receive Green Sanctuary Accreditation:

1. Environmental Justice. Activities in solidarity with front line (vulnerable) communities, which may be most affected by climate change. For example, collecting warm clothes in winter, assisting the homeless, collecting food.
2. Staying Connected. Activities enabling us to stay connected to each other and other government and non-government organizations working for environmental sustainability and justice. For example, in cooperation with the Lions, collected recyclable plastics to be used to create furniture and construction materials.
3. Education. Activities to inform our congregation and communities, while inspiring us to keep working toward our goal of just and sustainable practices. For

example, presented a Green Laconia Environmental Petition to the Laconia City Council.

4. Sustainable Living. To minimize emission of green house gases (GHG) that contribute to global warming, UUSL has installed LED lights, and is planning for additional weatherization, and installation of solar in our Church home.

Green Sanctuary Cer-

tification is only a beginning for UUSL. There is much more to be done. Climate change is a long-term challenge, requiring our dedicated attention. UUSL is relatively small, but dedicated. In the upcoming years, we hope to broaden our efforts by:

Considering climate change in all our Church activities.

Increasing working

together with communities most affected by climate change.

Increasing collaboration with youth organizations focused on climate and the environment.

Increasing input to government and non-government organizations focused on climate and environmental issues.

Continue efforts to

make our Church home a carbon-zero sanctuary.

The next meeting of the UUSL Green Sanctuary Committee, Monday, Sept. 13, 7 to 8.30 p.m., will be by ZOOM. We will focus on plans for the next year. To obtain the ZOOM address, contact uusl@myfairpoint.net.

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OPINION

*“Is this Heaven?”
“No. It’s Iowa.”*

An incredible moment happened last Thursday, and baseball fans all across the country watched. The Chicago White Sox and the New York Yankees met for an old fashioned game of ball in Dyersville, Iowa, where dreams really do come true.

The two teams, and thousands of fans came together, in a cornfield, at the Field of Dreams. The diamond was constructed right next to the original set of the 1989 film that gave the location its name.

The movie highlighted the magic and the history behind baseball. Inspired by the true story of disgraced White Sox player Shoeless Joe Jackson, who was infamously bribed, along with seven other teammates, to ‘throw’ the 1919 World Series, “Field of Dreams” offers his ghost the chance at redemption that he never had in life. We remember fondly the first time we watched the movie, reaching for a box of tissues when Kevin Costner’s character, Ray, asks his father’s ghost to “have a catch” that helps them both heal their troubled relationship as well.

During the broadcast of last week’s game, Costner, in the same blue jeans and white shirt he wore in the movie, appeared slowly, as he walked into sight from the cornfield, re-creating a scene from the movie. According to fans, it was magic, surreal. Anyone who has watched the film, would have driven to Iowa to watch the ‘baseball men’ play, if it was real. Thursday’s game was the closest they’ll ever get. There is no doubt that as fans watched the modern day ball players at work, thoughts of Archibald ‘Moonlight’ Graham, Shoeless Joe, Babe Ruth and others came to mind.

Costner addressed the fans as he made his way to towards the pitcher’s mound, stating “We’ve come to see the first place White Sox play the mighty Yankees in a field that was once corn. It’s perfect. We’ve kept our promise. Major League Baseball has kept its promise. The dream is still alive. There’s probably just one question to answer: ‘Is this heaven?’”

The players emerged, like the film’s ghosts, from the cornfield, leaving the fans in awe.

The game brought the sport back to the basics for just one night. What is simpler than a soda, a hot dog and some popcorn? How surreal to be able to sit close enough where the players can actually make out what the fans are yelling, or what they’re saying to raz the umpires.

The White Sox bested New York in a close match when Tim Anderson hit a walk off home run far off into Iowa’s country sky. The game was described as a time capsule from a different era. In a post game interview, Yankees Manager

Aaron Boone said, “That’s probably the greatest setting for a baseball game that I’ve ever been a part of. Kevin Costner standing out there in short center field, that’s probably a moment I’ll remember the rest of my life.”

Many fans agreed that being at the game was a dream come true, it didn’t matter who won.

There are talks that the game may come back to Iowa next year. But more importantly, America’s greatest past time, reminds us that in times of uncertainty, there will always be baseball. The famous quote below is from the film. It’s a powerful message of unity that is refreshing to read.

“People will come, Ray. They’ll come to Iowa for reasons they can’t even fathom. They’ll turn up your driveway not knowing for sure why they’re doing it. They’ll arrive at your door as innocent as children, longing for the past.

“Of course, we won’t mind if you look around,’ you’ll say, ‘It’s only \$20 per person.’

“They’ll pass over the money without even thinking about it: for it is money they have and peace they lack. And they’ll walk out to the bleachers; sit in shirtsleeves on a perfect afternoon. They’ll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes. And they’ll watch the game and it’ll be as if they dipped themselves in magic waters. The memories will be so thick they’ll have to brush them away from their faces.

“People will come, Ray. The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game: it’s a part of our past, Ray. It reminds us of all that once was good and that could be again. Oh...people will come Ray. People will most definitely come.”

And they did.



COURTESY

A day at the track

Despite the rain, the Gilford Rotary Trackside Café had a very successful Foxwoods Resort Casino 301 at NH Motor Speedway in July. All proceeds will be in the hands of local community based charities soon. And nice to see Gov. Sununu stop in to say hello. It must of been the buzz around the track about the Meatball subs!

NORTH COUNTRY NOTEBOOK

Look up on a cloudless night, good luck with ambient light



By JOHN HARRIGAN
COLUMNIST

It isn’t just the set of Katharine Hepburn’s jaw or the leeches on Humphry Bogart’s body (“Get ‘em off!”). There’s something about the “African Queen,” and it might be the sight and sound of a steam engine, especially one propelling an old boat.

I don’t know what reminded me about this. Maybe it’s the New Hampshire Boat Museum’s publicity about events and antique boats on Winnepesaukee, which often include old boats like Bogart’s. Maybe it’s just that I love old movies, and am especially fond of this one.

Okay, I admit that this subject has everything to do with age and background. But I think today’s movies are tinny in comparison, especially with extras and sets. Story-lines are a stretch, and scripts downright shoddy. Characters look hardly out of high school (okay, this is an age thing).

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New Hampshire has a rich history with boats. Before anyone had time or money to build bridges, people were using boats to cross rivers and lakes.

Before there were bridges, there were well-known crossing places at shallows. Before there were bridges, there were also boats. If there was a buck to be made, someone was making it.

Long before there were any mid-stream bridge-footings, someone was hauling barges back and forth on a rope. I think about this whenever I see cribworks and stone. Before all that, someone found a way to float people and stuff across.

We tend to forget what a revolution steam was. People had been thinking about it for centuries, but France, then England, then America got it done. When it comes to actual application and commerce, take your pick.

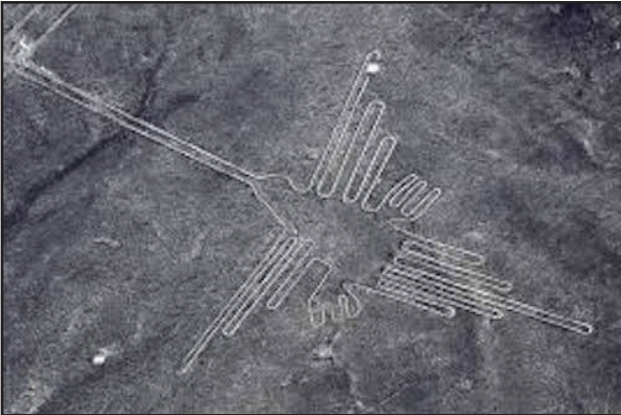
The components of a small steam engine and related mechanisms to drive a boat could be hauled just about anywhere by horse, mule, travois, or wagon. Town histories are rife with stories about everything from work-barges to excursion boats. As soon as someone found flat water or made some, people found ways to float stuff across.

+++++

It’s a banner year for earwigs, those insects that scurry to hide whenever you pick something up, like a slipper. Earwigs come across as the very definition of “obsequious,” a good word for some politicians.

Not all of them (the politicians, not the earwigs), mind you, and especially not the people who file for office because of ideals, traditions, and personal goals. They often begin by running for school board or state legislature. Who would want such a job? You have to be nuts. All right, just kidding there--I admire such people, and truly go out of my way to tell them so. It’s about as directly accountable as it gets.

So, a tip of the hat to the people who want to serve the people by get-



COURTESY

An image and some straight lines in the high desert of the Andes that some historians argue can only be used or appreciated from the air. (Courtesy livescience.com)



An earwig of the kind I usually find this time of year---perpetually damp doorsill, newly cut grass, etc.---whenever I open the shop’s overhead door. (Courtesy UNH Cooperative Extension)

ting involved in town or county government or the State House. Somebody has to do it, and these days, finding “somebody” can be next to impossible.

+++++

The other night I was fortunate to spend time with two people dear to me, looking at the stars. I get to do that alone on any clear night, because if I turn off the house lights, there is utterly no background light saved for the faint glow from town. You cannot do that in Lower Manhattan.

The Milky Way was practically jumping out of the sky. We could easily make out the planets. Numerous satellites made their cross-stitch way across the backdrop of deep space.

Later on, when I was thinking about age-old mysteries, I decided to re-visit “Chariots of the

Gods,” Erich Von Daniken’s book that popularized questions about runway-like lines and assorted gigantic renderings or birds and spiders and other creatures in the deserts of South America.

The problem with trying to have an intelligent discussion about such things today is that it all runs the risk of getting dismissed as just another conspiracy theory, or somehow Euro-centric (“The Incas could never do that”), or even worse, racist. It is none of those, of course, and such questions transcend the politics of the moment, a “moment” being one minute or several millennia, depending on whose clock counts.

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

FROM OUR READERS

I have a question: Why are you here?

To the Editor:

I have a question: Why are you here?

Seriously, since we are repeatedly told that the US is the worst country in the world; that we are, directly or

indirectly, the cause of most atrocities in other countries; that white people are irredeemably oppressors; that people of color will always be oppressed, why are you here?

Obviously, this question is being posed to a relatively small number of readers. Most folks are in America because we are the most free country in the history of the Earth. The capitalism that many citizens

endorse has allowed more people to emerge from poverty than any other system in use.

Do we have flaws? Clearly. Is there a path to redemption? Obviously. A

Comfort Keepers

Finding your source of joy

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”

-Henri J.M. Nouwen

As we celebrate our third annual National Day of Joy, I took a moment to reflect and consider the true impact joy has on our lives. Science proves that attaining daily doses of joy – big or small – works wonders on our overall wellness, including our physical and mental health. The actual factors that bring about joy, whether they be situations, people, activities, or things, are highly personal and individual to each one of us. Yet, when you are a joyful person, happiness has a way of being contagious and can help spread hope and positivity to others.

Yes, perhaps we can all agree that living joyfully is important, but how do we do that when we all get caught up in our busy lives? Why is seeking joy particularly important for aging adults? This article will explore ways seniors can find these moments of joy and laughter within themselves or with their family, friends, or their caregivers to improve their mood and overall well-being on the Day of Joy - or any day.

Laughter is the best medicine

Moments of joy are a must for all of us but especially for older adults. Depression and isolation are more prevalent for seniors and living a life full of joy, happiness and laughter is a great way to lift their spirits and create overall health benefits. Many therapies that focus on seniors are now beginning to incorporate humor and laughter to create more joy. A little bit of joy can go a

long way when it comes to improving a senior’s health, both physically and mentally!

Whether you’re guffawing out loud at a sitcom on Netflix or quietly chuckling at a funny meme, there is no doubt that laughing does you good! One of the most important aspects of laughter, regardless of age, is that it releases what is referred to as ‘happy hormones.’ Serotonin, dopamine, oxytocin, and endorphins are famously happy hormones that promote positive feelings like enhanced mood, pleasure, joyfulness, and even love. So much research is available that speaks to the advantages of being happy, particularly the ‘head to toe’ benefits we receive if we incorporate laughter in our lives on the regular! By seeking out more opportunities for humor and laughter, we can all improve our emotional health, strengthen our relationships, and find greater joy and happiness—some say it might even add years to your life!

The importance of social interaction

There’s no doubt that taking the time to connect with people is essential for living well as you age. You don’t grow as an individual if you simply disengage. By exposing yourself to people with different outlooks on life, you can open up a whole new world. Social disengagement and loneliness are often considered to be routinely associated with physical limitations causing us to become even more isolated. However, studies have shown that an active social life improves cognitive function and overall brain health, especially for older adults.

As we get older, we tend to become creatures of habit – even more

so than we were in our younger days. While routines are comforting, research tells us that one of the habits many of us adopt as we mature is the tendency to become disconnected from friends and family on a purely ‘social’ level (as opposed to a sense of obligation or responsibility). With that in mind, brain researchers have discovered that when we consciously develop new habits and activities, we can actually jumpstart our ‘trains of thought’ onto new, innovative tracks. Reconnecting and consequently becoming more socially active may just do the trick!

As life continues to get back to normal, the ability to finally get together again with family and friends is critical, especially for older adults. I don’t think any of us truly realized how much our friends and family provide us with a sense of identity and belonging until those interactions were curtailed or shut off entirely like they were during the pandemic.

Seniors need social interaction to reduce feelings of isolation and loneliness. Research shows that older adults who have more social interactions keep higher levels of cognitive function longer, and their memories do not deteriorate as quickly as their more isolated peers. Seniors who stay in touch with family and close friends have also been shown to have lower risks of dementia.

Family/friend gatherings are also important because this is when ‘experiences’ are passed down between generations. In addition to being something to look forward to, spending time together establishes a foundation for family/friend values and serves as special bonding experiences.

For older adults, these moments together are also a way of transferring the family’s history and culture from one generation to the next.

Simple tips on ways seniors can find joy:

Finding moments of joy every day does not have to be a daunting task. Following are some of my favorite tips to attain joy every day:

Embrace your Interests: try something new that you always thought about or connect with people who share your current interests or hobbies

Prioritize Family and Friends: a recent Comfort Keepers study found that connecting with family, loved ones and friends delivered the most joy compared to activities, events and things

Bond with Family Virtually: in-person visits are not always possible, so we’re so lucky that we have mobile phones, social media and technology to help us keep in touch from far away. The same Comfort Keepers study found that seniors have embraced texting, emojis and social media to bond with the grandkids

Indoor or Outdoor Exercise: exercise can result in joy! Studies have indicated that people who worked out only once or twice a week said they felt much happier than those who never exercised – plus it leads to improved physical health for seniors. Exercise can apply to a wide variety of strength and mobility and can include stretching, balance exercises, yoga, Tai Chi, walking, gardening, bicycling, and swimming.

cupied building allows deadly force to be used to stop it. The occupants of the courthouse were apparently not allowed to use deadly force.)

Regards,
Rick Notkin
Gilford

LETTER

(Continued from Page A4)

quiz: how many countries or cultures had slavery? (I’ll wait while you look that up.) Now, what country was among the first to abolish it? (Hint: the initials are U, S, and A.) I think that there was a war over that, too.

How can you tell if something is racist (that is, judging people by their race)? Substitute “black” for “white” and then look at it again.

The Border Patrol, reported that they stopped more than 180,000 people this past May, compared to 27,000 May 2020. Were these people looking for more hardships? I think not.

Who knows whose flag protesters yearning for freedom in Hong Kong, Taiwan, and Cuba were waving? (Hint: it’s red, white, and blue, and it’s not France.)

Another question: What is the difference between many of last year’s BLM and antifa riots and the hubbub at the Capitol on January 6th? Both allegedly had a small percentage of participants engaging in violence. One had significant property damage and personal injuries from which areas are still recovering. The other was resolved in a couple of hours. One had

armed participants who caused injuries, chased people in vehicles and then beat them, blocked people in vehicles and then beat them, and shot and killed people. (Who is saying David Dorn’s name?) The other had a small group of unarmed people who caused some property damage.

Oh, why do we almost instantly know the name of any police officer who is accused of inappropriate actions anywhere but in D.C. on the 6th? Not only do we not know the name of the officer that shot and killed unarmed Ashli Babbitt, but I read that said officer has been cleared of any wrongdoing. Where are those anti-police protests and the armchair quarterbacking of why less-than-lethal methods weren’t used? Don’t hold your breath.

I wish that certain groups would stop trying so hard to make the lamest “insurrection” in US history a big thing. It

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just wasn’t. I also wish that half the effort being expended in tracking down everyone who was within 10 miles of the Capitol was being directed at, say, the people who tried to burn the Federal courthouse in Portland while there were people inside. (For those who care, in most states, arson of an oc-

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Edward Jones: Financial Focus				
Review your IRA, 401(k) beneficiaries				
<p>If you’ve had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: “Am I contributing enough?” “Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?” But here’s one inquiry you might be overlooking: “Have I used the correct beneficiary designations?” And the answer you get is important. It wouldn’t be surprising if you haven’t thought much about the beneficiary designation – after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?</p> <p>It could be. For one thing, what if your family circumstances have changed since you named a beneficiary? If you’ve remarried, you may not want your former spouse to receive your IRA and 401(k) assets or the proceeds of your life insurance policy, for which you also named a beneficiary. However, upon remarrying, many people do review their estate plans,</p>	<p>including their wills, living trusts, durable powers of attorney and health care directives. If you’ve revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what’s in your updated will and other documents. The end result could be an “accidental” inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life.</p> <p>Furthermore, your retirement plans and insurance policy may not just require a single beneficiary – you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the situation could become quite muddled if stepchildren are involved in a remarriage.</p> <p>To avoid these potential problems, make sure to review the beneficiary</p>	<p>designations on all of your accounts at some point – and especially after a significant change in your family situation. If you see something that is outdated or incorrect, contact your retirement account administrator – or your insurance representative, in the case of life insurance – to request a change-of-beneficiary form.</p> <p>And if you really want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are consistent with what’s in your estate plans.</p> <p>In fact, if you’re already working with an experienced estate planning attorney – and you should – you might also pick up some other suggestions for dealing with beneficiaries. Just to name one, it’s generally not a good</p>	<p>idea to name minor children as beneficiaries. Because children can’t control the assets until they become adults, a court would likely have to name a guardian – one that you might not have wanted. Instead, you could either name your own custodian to manage the assets designated to the minor or establish a trust for the benefit of the minor, which can distribute the money in several disbursements over a period of years – which is often a good move, since young adults aren’t always the best at managing large lump sums.</p> <p>If you’re like many people, you have a strong desire to leave something behind. But you’ll want to do it in the right way. So, pay close attention to your beneficiary designations – when you first create them and throughout your life.</p>	<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>

Gilmanton’s 123rd Old Home Day Set for Aug. 21



Gilmanton’s 2021 Old Home Day - Saturday, Aug. 21, 10 a.m. to 3 p.m.

COURTESY

GILMANTON — Gilmanton’s Old Home Day Committee is excited to invite residents and neighbors to join them at the Town’s 123rd Old Home Day celebration on Saturday, August 21, from 10 am to 3 pm at Smith Meetinghouse on Smith Meetinghouse Road.

The celebration features a silent auction, vendors, kid activities, a «you participate» Art Show, Parker Hill Road Band, Lindsay the Puppeteer, an antique auto parade, tug-o-war and MORE. The Smith Meetinghouse School will be open for the Gilmanton Historical So-

ciety History of Quilts from 10 to 3.

The traditional bean hole bean dinner offers two Dinner sittings: 11:30 a.m. and 1 p.m., in and around the carriage house on the the meeting house grounds.

The Committee is still looking for volunteers to help out before, during and after the event. Check out the Old Home Day Facebook page and find out how you can be part of the team . You will find many options and ways to sign up including a virtual schedule. Join the fun and become a part in this continuing community tradition.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Youth soccer registration deadline is Aug. 20
The Gilford Parks and Recreation Department will be accepting Youth Soccer registrations through the registration deadline of Friday, Aug. 20! The youth soccer program is open to all Gilford students entering grades K-5 this fall. After Any registrations submitted after the Aug. 20 deadline will be accepted on an availability basis only. The Registration fee is \$25 per player or \$35 per family. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Gilford Old Home Day, Saturday, Aug. 28!
The annual Gilford Old Home Day celebration will be held on Saturday, Aug. 28. This year’s theme is “Our Community of Champions!” The festivities include; the Annual Parade at 10 a.m. (featuring bands and many traditional floats), musical entertainers including the “Bryan Conway” and “Buckleberry Ferry,” Frisbee Dog Show featuring Aim High Canines, games for all ages, crafts, live music, great food, outstanding fireworks and a dance to wrap things up! The majority of activities take place at the Gilford Village Field. Parade applications are still being accepted and can be found at the Gilford Town Hall and on the Parks and Recreation Web site at www.gilfordrec.com. For more information, please contact the Gilford Parks and Recreation office at 527-4722.

Local community members introduce Concord Hospital to Lakes Region

LACONIA — Local Lakes Region community members gathered at the Governor’s Island Clubhouse to meet representatives from the Concord Hospital Health System. The first of several Meet & Greet receptions to be held throughout the Lakes and Three Rivers regions kicked off with a social mix and mingle hour, hosted by Ronald and Alice Cohen of Gilford, Jeff Levitan and Jane Love of Laconia.

“We are thrilled that Concord Hospital has purchased Laconia and Franklin Hospitals. This acquisition will be great for the Lakes Region and its surrounding com-

munities,” Ron Cohen welcomed guests and introduced Concord Hospital’s President and CEO, Robert Steigmeyer.

Guests had the opportunity to meet and enjoy conversations with several of Concord Hospital’s senior leadership team; including, President and CEO, Robert Steigmeyer; Chief Financial Officer, Scott Sloane; Chief Clinical Officer, Dr. Matthew Gibb; Chief Advancement Officer, Pamela Puleo; Chief Administrative Officer of Concord Hospital | Laconia & Franklin, Kevin Donovan; Director of Community Affairs, Marci DeCarli; and, Communi-

ty Affairs Coordinator, Heidi Smith.

Steigmeyer addressed the group with an introduction into Concord Hospital Health System’s mission, vision and values, drawing attention to the alignment of the former LR-GHealthcare’s mission. Community members were presented with an outlined plan including \$25 million dollars of capital investments to be made in both the Laconia and Franklin facilities over the next 18 to 24 months. Concord Hospital senior leaders wel-

comed questions from the group and set forth plans to create sustainable health care in the Lakes and Three Rivers regions.

“Jane and I are thankful that Concord Hospital stepped in when Laconia needed them and have pledged to make the new Concord Hospital – Laconia and Franklin first class facilities,” Jeff Levitan shared as he thanked the group for attending the event.

Maria Draper of Laconia named To NEWMAC Academic All-Conference Team at Emerson College

BOSTON, Mass. — More than 50 Emerson College Winter & Spring student-athletes were named to their respective New England Women’s and Men’s Athletic Conference (NEWMAC) teams for the 2020-2021 academic year. Honorees must have met the following criteria: earned a minimum cumulative GPA of 3.5/4.0 scale or 4.35/5.0 scale after the 2021 spring semester, achieved second year academic status at their institution, and been a member of the varsity team for the entire semester.

Maria Draper of Laconia was a member of the Women’s Lacrosse team for the Spring season. Draper is pursuing a degree in Communication Disorders and is a member of the Emerson College Class of 2021.

About Emerson College
Based in Boston, Massachusetts, opposite the historic Boston Common and in the heart of the city’s Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has 3,700 undergraduates and 1,400 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups.

Emerson is known for its experiential learning programs in Los Angeles, Washington, D.C., the Netherlands, London, China, and the Czech Republic as well as its new Global Portals. The College has an active network of 51,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.

University of Rhode Island graduates more than 4,000 students during 135th Commencement

KINGSTON, R.I. — The University of Rhode Island celebrated more than 4,000 of its newest alumni during the University’s 135th Commencement. More than 3,700 undergraduate degrees and 680 graduate degrees were conveyed to students during nine individual ceremonies held over three days, May 21-23.

James Manz Buckley of Gilford received a Bachelor of Science in Nursing, Summa Cum Laude.

Jordan Smith Dean of Laconia received a Bachelor of Science in Pharmaceutical Sciences, Magna Cum Laude.

Anne Dionne of Laconia received a Doctor of Pharmacy, Summa Cum Laude.

Johanna Leah Morris of Gilford received a Bachelor of Science in Communicative Disorders, Magna Cum Laude.

Kaylee Marie Robbs of Gilford received a Bachelor of Science in Textiles Fashion Merchandising & Design.

Kaitlyn VanBennekum of Gilford received a Bachelor of Science in Communicative Disorders, Magna Cum Laude.

Students who received the honor summa cum laude graduated with a cumulative grade point average (GPA) of at least 3.7; students who received the honor of magna cum laude graduated with a GPA of at least 3.50; and students who received the honor of cum laude graduated with a GPA of at least 3.3.

About the University of Rhode Island
Founded in 1892, the University of Rhode Island is the principal public flagship research and graduate institution in Rhode Island. Competitive and highly regarded, its 14,500 undergraduate students and more than 2,250 graduate students represent 48 states and 76 countries across the globe. With 203 academic programs, URI offers its undergraduate, graduate, and professional students distinctive educational opportunities designed to meet the global challenges of today’s world and the rapidly evolving needs of tomorrow. At URI, you will find some of today’s leading innovators, discoverers, and creative problem solvers. To learn more, visit: uri.edu.

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ROADEO (Continued from Page A1)

President and General Manager Tom Day. “This will give us the opportunity to showcase, to Bronco owners, all the thrilling, unique mountain activities we offer such as ziplining or riding the mountain coaster Theses activities will continue their unique experience in the Lakes Region of New Hampshire.”

With stunning views of Lake Winnepesaukee and the Belknap Mountains, this location at Gunstock Mountain Resort in Gilford, New Hampshire features a purpose-built ORX training course that traverses alpine ridges, dense woodlands, and rocky countryside. The off-road trails are uniquely carved through the gorgeous mountainside, with a combination of higher-speed two tracks and rock-filled, steep climbs surely to get your adrenaline going.

This off-road course was expertly designed and curated with the assistance of legendary names in off-roading, such as Professional Fun-Haver Vaughn Gittin Jr., King of the Hammers champion Loren Healy and renowned off-road experiential manager Bob Burns. The four locations are designed to challenge attendees with hardcore desert running, rock crawling and trail riding.

Geared for off-road novices and experts alike, the program starts with a 90-minute hands-on tutorial designed to educate owners on features such as Trail Control and Terrain Management System™ with G.O.A.T. Modes™ (goes over any type of terrain). On properly equipped Bronco two- and four-door models, owners get to try out available off-road technology tools like the, stabilizer bar-disconnect, One-Pedal Drive, Trail Turn Assist, front and rear differential lockers, and 360-degree camera system with spotter view.

Tutorials are led by trail guides who will highlight design and technology features, helping Bronco owners learn to better navigate off-road courses and explore rugged trails. The experience covers trail etiquette and recovery techniques, including how to equip and use gear like recovery straps, winches, and hi-lift jacks. Owners can venture out on two- or four-hour trail drives designed to challenge their off-roading skills while highlighting their vehicle’s capability.

Bronco owners can purchase added outdoor activities at Gunstock’s Adventure Park. Adventures include Zipline Tours, Aerial Treetop Adventure Course (ATA), Mountain Coaster rides, Off-Road Segway Tours, E-Bike Tours or Scenic Lift Rides to the summit of Gunstock Mountain. At Gunstock’s summit the views of Lake Winnepesaukee, the Osipee and White Mountains will astound visitors.

Attendees are responsible for transportation to and from the experience, as well as overnight accommodations. Friends and family members can join for a fee, as can other non-Bronco owners.

Initial registration is only open to owners and order holders of a Bronco two-door and, Bronco four-door. Order holders awaiting the arrival of their Bronco two- or four-door SUV can get behind the wheel of a Bronco before taking delivery of their vehicle and will also receive a \$250 voucher to use toward gear from the Bronco Off-Road, or to apply to the cost of bringing a guest with them or toward optional adventure experiences.

To learn more about Gunstock Mountain Resort, visit: <https://www.gunstock.com/>
To learn more about Bronco Off-Road, go to www.Broncooffroadeo.com.
To learn more about Bronco and Bronco Sport, visit Ford.com/Bronco.

KITCHEN

(Continued from Page A1)

honor Tom Howe and Joe Urner. The area includes the Twigg Barn, at 245 Meetinghouse Rd. The public is invited.

The Historical Society, in cooperation with the Gilmanton Conservation Commission, is working on development of a farm museum at the Twigg barn on the Meetinghouse property. It will house the Society’s growing collection of farm implements.

For more information check out the Society’s Web site: gilmantonhistorysociety.org.



The story of Gilmanton’s Kitchen family is the subject of the Gilmanton Historical Society’s program on Tuesday, Aug. 24, 7:30 p.m. at Old Town Hall in Gilmanton Iron Works.

TOURNAMENT

(Continued from Page A1)

by sending an e-mail to golf@bolducpark.com or call the clubhouse at 524-1370. Registration fees are \$25 for ages 16 and older and \$20 for 15 and

under. The tournaments will be played on the nine-hole par 3 golf course and wooded nine-hole disc golf course at 282

Gilford Ave., on the Laconia/Gilford town line. All proceeds from the event will help support the Bolduc Park Association, a non-profit,

all-volunteer group that runs the park for the benefit of the local community. The courses are open seven days a week from 7 a.m. to 7 p.m.

FINISH

(Continued from Page A1)

the evening track and swimming events and gymnastics finals are all considered high demand events.

For high demand events, press have to request tickets from their respective National Olympic Committee, which for me is the US Olympic and Paralympic Committee. I had requested tickets for a gymnastics competition and the track competition where Elle Purrier St. Pierre ran in the finals of the 1,500 meters. I put in my request for the Closing Ceremonies and stopped by the USOPC office in the media center to check in on my request and Bill Hancock was able to hand me a ticket to the Closing Ceremonies, which had me excited for my final days in Tokyo.

The Tokyo 2020 organizers recommended that we get to Olympic Stadium early to avoid the large crowds (though the lack of fans made it easier for us to get in and out of the venue). I got to the stadium around 4:30 p.m. for the 8 p.m. ceremony. I grabbed a tabled tribune seat (a seat with a table, monitor and power outlets) and set up camp. It was pretty hot, but it ended

up being worth it when people showed up much later and had to sit in the regular bleacher seats reserved for press.

I got the chance to watch the rehearsal for the ceremonies, as they ran through video cues, music cues and rehearsed some of the dance numbers. And then, it finally counted down to the start of the ceremonies. The Japanese flag was carried into the stadium and raised next to the Olympic flag.

Then came the entrance of the nation flags for all the countries that competed in the Summer Olympics. The flags formed a ring around the circle in the center of the stadium and then a highlight video played of the many Tokyo 2020 highlights. The athletes then started entering from all four corner entrances of the stadium, filling up the infield.

Since they weren’t all filing in one nation at a time like in the Opening Ceremonies, this took a lot less time than it did a few weeks earlier. The flags then began leaving the field and a lighting display took place. While the lights were cascading off the roof of the stadium and forming

rings in the middle, that was completely invisible to those of us sitting in the stands, though I could see it on the monitor in front of me.

Singing and dancing took to the stage next, with BMX bikes and skateboards playing a large role, while the Greek flag was also raised prior to the start of the medal ceremonies for the men’s and women’s marathon. The Kenyan anthem was played twice, since their runners won both marathons.

The new members of the International Olympic Committee’s athletes commission were introduced and volunteers were thanked for their work throughout the season and then after a strong drumming presentation, a video featuring dances from around the country was played on the big screens.

The Olympic Anthem was performed and then the Olympic flag was lowered and handed from the government of Tokyo to IOC President Thomas Bach, who in turn handed it to the mayor of Paris, host of the next Summer Olympics. The French flag

was then raised as their anthem was played.

Next up was a great hype video from Paris 2024, which included live shots from downtown Paris, where people were gathered to celebrate the start of the countdown to Paris in three years. This was followed by a number of speeches, including Bach officially closing down the 2020 Summer Olympics and calling on the youth of the world to assemble again in Paris in 2024.

And then the flame was officially extinguished, with the word “arigato” (thank you) displayed on the big screens and fireworks lighting up the sky to bring the Closing Ceremonies to a close.

Surprisingly, I was able to walk right to the bus and get on and head back to my hotel at a decent hour, my third Olympics coming to a satisfying close.

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

PETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He’s an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn’t a big fan of other dogs or cats, so he’s seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he’s still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a perscription diet for the rest of his life.

If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



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Zephyr

My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don’t know how to ask for it. I may hiss at first, but don’t let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not impli-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!

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South Down Shores on Lake Winnepesaukee; 21' Boat Slip on Lake Winnisquam. Located at Winni Landing on Lake Winnisquam, in This 2-BR, 4-bath condo has 3 levels, large a no-wake zone, and near the sandbar in Tilton, NH. Across from a full-service marina with boat fuel. Community green space, two parking spaces & bath house.

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BELMONT HIGH SCHOOL
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BELMONT MIDDLE & HIGH SCHOOL
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Please visit the district website, https://www.sau80.org/departments/human_resources for a list of the available positons and a link to apply for them through SchoolSpring.com. Custodial, Grounds and Substitute applications can be found on that same website.

Please contact Debbie Thompson, Business Administrator, at dthompson@sau80.org or via phone at 267-9223 x5303 with any questions or for additional information.



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Lakes Region Community Services is always seeking new home providers, but are currently specifically seeking provider for the following:

- A woman in her mid-30s. She is independent in many activities. She needs someone to manage her medications, medical appointments and diet. Ideally, the home provider would engage her in exercise and maintain a healthy diet. She has day services out the home for 6 hours each weekday.
- A friendly 21-year old man. He requires assistance with some daily living activities. He needs assistance with medication administration. He is very friendly and personable.
- A 22-year old young woman. She requires support with regulating her emotions. She has day services out of the home for 6 hours each weekday.

If you have any questions, want to learn more about becoming a home provider and/or are interested in meeting one of these individuals, please contact Ellen Bean at (603)581.1556 or ellen.bean@lrscs.org

BELMONT HIGH SCHOOL COACHING POSITIONS

Belmont High School has the following Coaching Positions available for the 2021-2022 School Year. Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220

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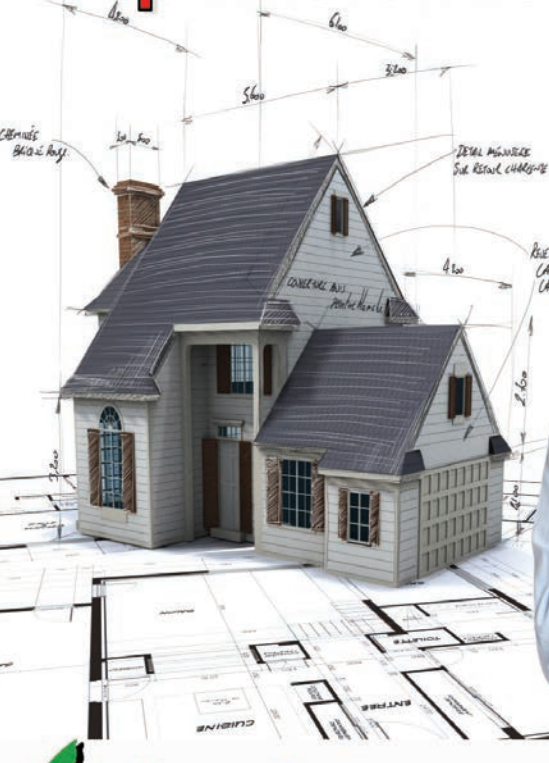





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