

Gilford Steamer

THURSDAY, AUGUST 17, 2017

GILFORD, N.H. - FREE

Gilford PD swears in new officer, announces promotions

BY ERIN PLUMMER

mnews@salmonpress.news

The Gilford Police Department welcomed its newest officer and promoted a new deputy chief and sergeant during a special swearing-in ceremony.

On Monday night, family, friends, fellow officers, and town officials gathered to see Det. Stephen Kessler sworn into the department and Kris Kelley and Adam VanSteenburg were promoted to the ranks of deputy chief and sergeant, respectively. Town Clerk Denise Gonyer gave each officer their oaths and family members pinned on their badges.

Kessler has been on the Gilford Police Department for two weeks. He formerly served on the Moultonborough Police Department as a patrolman, a detective, and then a K9 officer with partner Rony. Recently, he worked as a forest ranger.

Police Chief Anthony Bean Burpee said another member of the department knew Kessler wanted to return to municipal law enforcement and suggested him as a candidate.

Kessler went through the department's exten-

sive interview and review process, which lead to his hiring.

"Having had extensive conversations with Det. Kessler during his hiring process, I can tell you that he brings with him all the attributes I, as a Chief, and we, as a department, look for in our officers," Bean Burpee said. "He also brings over 20 years of law enforcement experience and knowledge, which will be a tremendous asset to the agency and to him as he fulfills his new role within the Investigative Services Bureau. His commitment, dedication, desire, and perseverance is what has led him to where he is today."

Kessler said Gilford is a "nice community." He grew up in the area and has family in Gilford and Laconia. He also has many friends in the Gilford Police Department.

"(I) knew it was a good department," Kessler said.

Former lieutenant Kris Kelley was officially sworn in as Deputy Chief. Kelley has served on the Gilford Police department for 19 years.

Bean Burpee said Kelley was chosen for the position keeping in mind all the ideal qualities and

attributes for the position.

"He is someone who will listen to people, hear them, and not hesitate to take action when and if appropriate while being fair and consistent at the same time," Bean Burpee said.

Kelley will work directly with Bean Burpee on a number of different department responsibility and will fill in for Bean Burpee if he is absent.

Kelley said he was "very proud" of attaining this role.

"It's become a good moment for my career on the police department," Kelley said.

Kelley said he and Bean Burpee already have a strong working relationship.

"We look forward to doing more progressive and great leadership to the department," Kelley said.

Adam VanSteenburg was sworn in as a sergeant. He started with GPD as a Patrol Officer and then became the K9 officer working with Ike, who passed away earlier this year. He decided to pursue this position after the posting went up.

"It's like a natural progression for my career,"

SEE GILFORD PD PAGE A16



ERIN PLUMMER
Deputy Chief Kris Kelley of the Gilford Police Department receives pins from his son Sam after being sworn into his new position.

Village Knolls residents asking for sidewalks on Potter Hill Road

BY ERIN PLUMMER

mnews@salmonpress.news

Residents of Gilford Village Knolls are asking the town for information and guidance on putting in a sidewalk on their section of Potter Hill Road leading to the library, church, and rest of the village with strong concerns about pedestrian safety.

Last Wednesday night, Gilford Village Knolls board members Anthony Ferullo and Sandy McGonagle along with several residents

spoke with the board of selectmen about safety concerns and what it would take to get a sidewalk in that area.

Ferullo said many residents will walk to the library, the Gilford Village Store, the Gilford Community Church, and Gilford Youth Center. Ferullo said, however, Potter Hill Road is not that wide and they are greatly concerned about pedestrian safety along that road.

"We do like to walk to the library; we do like to

get out and about...got to stay young," said Knolls resident Carole Hopper.

She said all of them could probably tell stories of how they were nearly in an accident.

"We don't want an accident like there was at the blinking light that took that child's life," Hopper said.

"We treasure ourselves too much."

Selectman Gus Benavides asked if they had ideas of how much this

SEE SIDEWALKS PAGE A15



COURTESY

Gilford Farmers' Market celebrates "Eat Local" in August. Shown are Steve Bell of Stage Road Farm Stand, Susan Comte of The Root Seller, Alex Fraser of Posh, and Aaron Lichtenberg of Winnipesaukee Woods Farm.

Gilford Farmers' Market celebrates "Eat Local" in August

The Gilford Farmers' Market is joining others throughout the state in celebrating "Eat Local" during the month of Au-

gust. The market takes place at the 1838 Rowe House grounds at 88 Belknap Mountain Rd. in Gilford Village on Sat-

urdays from 9 a.m. until noon.

Steve Bell's Stage

Road Farm Stand, locat-

SEE MARKET PAGE A15



ERIN PLUMMER
Bob Riordan's magic show was one of the most popular programs of this year's Summer Reading Program at the Gilford Public Library.

Summer reading wraps up at the Gilford Library

BY ERIN PLUMMER

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After a successful summer of "Building a Better World," the Gilford Public Library's Summer Reading Program has drawn to a

close.

This year's summer reading program themed "Build a Better World" came to an end this week following a big party on the town beach and some free ice cream.

Children's Librarian Abi Maxwell said this year around 110 kids signed up for the program.

On Thursday, children taking part in the

SEE READING PAGE A15

Early deadlines for Labor Day

MEREDITH — The offices of the

Gilford Steamer, located at 5 Water St. in Meredith, will be closed Monday, Sept. 4 in observance of Labor Day.

To ensure that our Aug. 7 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up to Friday, Sept. 1 at 4 p.m. Submissions are welcome in person at our offices, or can be e-mailed to Editor Brendan Berube at brendan@salmonpress.com.

news.

Any submissions received after 4 p.m. on the 1st will be held for publication on Sept. 14.

For information regarding the holiday deadlines for display advertising, please contact Tracy Lewis (tracy@salmonpress.news) or Beth Tobyne (beth@salmonpress.news) in Sales at 279-4516, ext. 110.

The staff of the Gilford Steamer thanks our readers for their cooperation with these changes in our normal schedule, and would like to wish everyone a safe and happy Labor Day.

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

These are amazing! Don Spear has been working on these hand-made model trains for much of his life, and his patience and care shows. Don Spear, thank you for bringing your art in for display throughout August. How did you fall into this craft?

Don: I've always liked trains. I saw somebody's simple layout, much simpler than I have now, and I realized that train making appealed to me. I was on a ship in the coast guard when I built my first piece, 'The General,' an old fashioned 1800 era engine on my off time. I built it right in the machine shop on the coast guard ship. 'The General' is modeled after an engine that would run on

wood.

Mark: Train modeling has a full history, but the craft is still so niche. Where do you get materials and tools? Did you teach yourself?

Don: Yes. I just did it, because I could do that. As years went by I got better stuff for it, The best tool that I had was my tweezers. Really! You have to handle the small pieces and the tweezers are perfect. A lot of the stuff that I have, collectibles, I bought through Ebay. There are several companies that sell kits. Usually, they are made of basswood. That wood is easy to machine, especially for the structures. The display has basswood, plastic, and metal buildings, engines, and train cars.

Mark: Can you tell us a bit about the crafting process? How are they

made? Do you have any crafting quirks you would like to share?

Don: You start with a kit, especially for the engines. 'The General' is the only engine that I have built. All the cars that are on display are ones that I have made. I've been collecting since 1958 and many of the building have been gifted to me over the years. I've had fun doing it, but I think it's time for me to quit. This is the first time that I am displaying the trains, outside of my basement where the permanent display is. I am hoping to find someone to purchase the set so that it will be passed on.

Mark: I have heard that you are quite the storyteller. Do you have any quick stories about making model trains to share?

Don: The story I still get a kick out of: When I was on that ship I was in charge of the machine shop. The Skipper, his Yeoman, and an ensign came down for inspection. We opened all the doors and cabinets, except for one. The Skipper said, 'Why is that door locked?' I explained, 'I have personal things in there that I don't want others to see.' The Skipper said, 'Open it up.' I opened it and showed him 'The General' and said, "I don't want anyone walking with this, I've made it in my off time." The Skipper said 'This is wonderful, put it back in and lock it back up!'

Classes & Special Events (Aug. 17 to Aug. 23)

Thursday, Aug. 17
Teen Drop-In 3D Model Art, 9 a.m.-6 p.m.

Drop in to the teen room to make 3D models for 3D printing, video games, or anything else! There will be information on hand to get you started. There will be a limited opportunity to 3D print some models in September, so make your designs early.

Brown Bag Book Discussion, 6-7 p.m.
This month's book

is *The Sympathizer* by Viet Thanh Nguyen, described as "intelligent, relentlessly paced and savagely funny." Led by Molly Harper, copies of the book are available at the circulation desk.

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

Evening Book Discussion, 6-7 p.m.
See 'Brown Bag Book Discussion' above.

Friday, Aug. 11
Social Bridge, 10:30 a.m.-12:30 p.m.

Knit Wits, 1:30-2:30 p.m.
Conversational German, 2:30-3:30 p.m.

Monday, Aug. 14
Fiber Friends, 10 a.m.-12:15 p.m.

Mahjong, 12:30-3 p.m.
Solar Eclipse Viewing, 9 a.m.-6 p.m.

Come join the library to view the Solar Eclipse with special glasses! Stop by the week before to learn about the eclipse, and why special glasses are so important. The maximum eclipse will be visible at 3:44 p.m., Monday, Aug. 21. We will have free solar eclipse glasses at the event for use at the library on a first come, first served basis, provided by Starnet, along with information about the eclipse and why

glasses are important.

Tuesday, Aug. 15
Drop in Tile Mosaic, 10 a.m.-2 p.m.

Children are invited to help make a tile mosaic at the library.

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

Book Bites, 2-4 p.m.
Join us for this month's cookbook club!

This month's theme is 'Garden Goodies' Sign up required, cost is \$5.

Intro to Climate Change with Charles Bayless, 6:30-7:30 p.m.

Join Climate Change Advocate Charles Bayless for an introduction to the causes and effects of Climate Change. A former Energy Executive and President of the West Virginia University Institute of Technology, Charles Bayless has long been active in advancing public interest in both climate science and practical options for society to respond.

Charles will cover the history of climate change, effects of ocean acidification, and practical solutions to responding to the global climate crisis.

Wednesday, Aug. 16
Line Dancing, 9-10:30 a.m.

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

Gilford Public Library Top Ten requests

1. "Camino Island" by John Grisham
2. "The Identicals" by Elin Hilderbrand
3. "The Women in the Castle" by Jessica Shattuck
4. "Killers of the

- Flower Moon" by David Grann
5. "Paradise Valley" by C. J. Box
6. "The Glass Castle" by Jeannette Walls
7. "House of Spies" by Daniel Silva

8. "Lilac Girls" by Martha Hall Kelly
9. "Any Dream Will Do" by Debbie Macomber
10. "Barely Legal" by Stuart Woods

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**Shop
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Selectmen accept \$191,000 in state road funds

BY ERIN PLUMMER

mnews@salmonpress.news

An extra \$191,000 from the state will help ease a deficit in road repair funds and repair two roads with immediate needs.

Last Wednesday, the selectmen held a public hearing to receive \$191,047 in unanticipated funds from the New Hampshire Department of Transportation for local road improvement projects. During the

hearing Town Administrator Scott Dunn said they would also take suggestions on what the funds should be used for.

The town currently has a multiyear road improvements plan. The extra funds could be used to finish road scheduled for this year that were not completed or do roads scheduled for next year.

The money will also cover a \$30,000 deficit in road improvements

from this year, leaving the town with over \$161,000 to work on roads.

The Public Works Department suggested putting a top coat on Poor Farm Road and build a section of Belknap Mountain Road from Goodwin Road to Weeks Road. This year the town did a section of Belknap Mountain Road from Goodwin to Hoyt Road.

Selectman Richard

Grenier said he knows they worked hard to maintain the road plan, though suggested adding Alvah Wilson and Watson Roads. Alvah Wilson Road is scheduled for a shim and overlay in 2019.

"Those are four to five years out for repair, a shim and overlay would get us there," Grenier said.

Selectman Gus Benavides said while the selectmen have been

stauch advocates for the roadway plan, they understand that things will come up.

"My concern (is) if we start to deviate that's what's going to open the floodgates to other roads," Benavides said.

With the new funds he still advocated for sticking to the plan, though the new funds could get roads done sooner than later and they can stick to the plan. Board chair Chan Eddy said he

agreed with this, saying he would prefer going forward with things on the schedule for this year and possibly do 2019 projects in 2018.

The board unanimously approved a motion to accept the \$191,047, authorizing putting a top coat on Poor Farm Road and doing Belknap Mountain Road from Goodwin to Weeks Road with the balance taking care of the deficit.

Gilford police log

The Gilford Police Department responded to 600 calls for service and made the following arrests from Aug. 1-13. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

A 53-year-old male with no current address, a 48-year-old male from Manchester, and a 47-year-old male from Conway, S.C. were taken into protective custody for intoxication on Aug. 1.

A 74-year-old male from Terryville, Ky. was taken into protective custody for intoxication on Aug. 1.

Sarah C. Maroot, age 38, of Laconia was arrested on Aug. 4 for violating driver's license prohibitions and Driving After Revocation or Suspension.

Colin C. Dowling, age 30, of Canterbury was arrested on Aug. 4 in connection with a bench warrant.

Sheryl A. Ollie, age 66, of Plaistow was arrested on Aug. 4 for Suspension of Vehicle Registration, Driving After Revocation or Suspension, and an Open Container violation.

Joseph A. White, age 27, of Northfield was arrested on Aug. 5 for Disobeying an Officer.

Vincent A. Sopinsky, age 27, of Gilford was arrested on Aug. 5 for Possession of a Controlled Drug (Marijuana) and Endangering the Welfare of a Child.

Marshall W. McKinnan, age 20, of Hooksett was arrested on Aug. 5 for Unlawful Possession of Alcohol.

A 21-year-old female from Derry was taken into protective custody for intoxication on Aug. 6.

Dominick Anthony Bove III, age 20, of Bellmore, N.Y. was arrested on Aug. 8 for Unlawful

Possession of Alcohol.

Colby R. Williams, age 19, of Cumberland, Maine; Taggart J. Corriveau, age 20, of New Britain, Conn.; Jonathan P. Schuhlen, age 20, of Long Meadow, Mass.; and Jayme Stepto, age 20, of Montreal, Quebec, Canada were arrested on Aug. 8 for Unlawful Possession of Alcohol.

Carter Copeland, age 20, of Tulsa, Okla. was arrested on Aug. 8 for Unlawful Possession of Alcohol.

Brianna N. Arbo, age 20, of Kittery, Maine was arrested on Aug. 8 for Unlawful Possession of Alcohol.

Alexa N. Green, age 20, of Boca Raton, Fla. was arrested on Aug. 8 for Unlawful Possession of Alcohol and the Manufacture and/or Possession of a False ID.

An 18-year-old male from Cerry was taken into protective custody for intoxication on Aug. 8.

A 28-year-old female from Fairfield, Maine was taken into protective custody for intoxication on Aug. 8.

Devon M. Lecompte, age 18, of Concord and a 17-year-old from Bow were arrested on Aug. 8 for Unlawful Possession of Alcohol.

Conner Steven Wooster, age 20, of Chelmsford, Mass. was arrested on Aug. 8 for Unlawful Possession of Alcohol.

Alyssa G. Berger, age 19, of Dallas, Texas was arrested on Aug. 8 for Unlawful Possession of Alcohol.

A 21-year-old female

from Raymond, Maine was taken into protective custody for intoxication on Aug. 8.

A 30-year-old male from Windham, Maine was taken into protective custody for intoxication on Aug. 8.

Lauren J. Stone, age 19, of Eureka, Calif. and Evelyn A. Eichler, age 20, of Piedmont, Calif.

were arrested on Aug. 8 for Unlawful Possession of Alcohol. Eichler was also charged with the Manufacture and/or Possession of a False ID.

Alexandra Valley, age 20, of Bradford was arrested on Aug. 8 for Unlawful Possession of Alcohol.

Courtney J. Kelly, age 19, of Arlington, Mass. was arrested on Aug. 8 for Unlawful Possession of Alcohol.

An 18-year-old male from Middleton was taken into protective custody for intoxication on Aug. 8.

A 46-year-old female from Berwick, Maine and a 43-year-old female from Lebanon, Maine were taken into protective custody for intoxication on Aug. 8.

Kristen Cassidy, age 27, of Pembroke was arrested on Aug. 9 for Driving While Intoxicated.

Thomas Spooner, age 32, of Gilford was arrested on Aug. 9 in connection with a bench warrant.

Meghan A. Stambaugh, age 39, of Lincolnville Center, Maine was taken into protective custody for intoxication on Aug. 10 and subsequently charged with Disorderly Conduct.

A 16-year-old was arrested on Aug. 11 for Unlawful Possession of

Brooke R. Johnson, age 19, of Bow was arrested on Aug. 10 for Unlawful Possession of Alcohol.

A 27-year-old female from Alton Bay was taken into protective custody for intoxication on Aug. 10.

A 37-year-old female from Somersworth was taken into protective custody for intoxication on Aug. 10.

A 27-year-old male from Belmont was taken into protective custody for intoxication on Aug. 10.

Ryan M. Duby, age 23, of Gilford was arrested on Aug. 10 for Reckless Operation.

A 25-year-old male and a 31-year-old female, both from Concord, were taken into protective custody for intoxication on Aug. 10.

A 41-year-old male from Denver, Colo. was taken into protective custody for intoxication on Aug. 10.

A 30-year-old male from Hampton was taken into protective custody for intoxication on Aug. 10.

A 42-year-old male from Nashua was taken into protective custody for intoxication on Aug. 10.

A 37-year-old male from Derry was taken into protective custody for intoxication on Aug. 10.

A 38-year-old male from Wells, Maine was taken into protective custody for intoxication on Aug. 10.

A 16-year-old was arrested on Aug. 11 for Unlawful Possession of

Alcohol.

A 23-year-old male from Tilton was taken into protective custody for intoxication on Aug. 11.

A 51-year-old female from Lowell, Mass. was taken into protective custody for intoxication on Aug. 11.

A 19-year-old male from Franklin was taken into protective custody for intoxication on Aug. 11.

A 21-year-old from Dover was taken into protective custody for intoxication on Aug. 11.

A 40-year-old male from Hingham, Mass. was taken into protective custody for intoxication on Aug. 11.

A 33-year-old female from Waymouth, Mass. was taken into protective custody for intoxication on Aug. 11.

Brennan J. Salo, age 39, of Millbury, Mass. was arrested on Aug. 11 for Driving While Intoxicated.

Joseph Fournier, age 56, current address unknown, was arrested on Aug. 12 for Driving While Intoxicated (Subsequent), an Open Container violation, Violation of a Protective Order, Breach of Bail Conditions, and in connection with a bench warrant.

Jory L. Hersey, age 22, of Rochester; Tianina Fermino, age 18, of Lebanon; Luis Bates, age 20, of Wolfeboro; Austin Downs, age 22, of Farmington; and Daniel Greene, age 20, of Farmington were arrested on Aug. 13 for Criminal Trespassing.

Asia Bixby, age 22, of Loudon was arrested on Aug. 13 for Driving While Intoxicated.

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The sweetest, cuddliness and sheer playfulness five-month old Bear, handsome little black kitten, will melt your heart when you see him. Found wandering by himself, he was brought in by a concerned citizen.

Somehow little Bear had become separated from his family.

We've provided vaccines, neutered him, and during the veterinary process found him positive for the feline Leukemia Virus. We've sent his blood for special testing to be sure it is the virus and not vaccine antibodies.

Bear is healthy now. He does have a virus present in his blood which presents zero

health concern to humans. We strongly recommend that should he be adopted into a that already has cats, that they receive their leukemia vaccine as a precaution.

With a loving, indoor, safe home, we can expect Bear to lead a relatively normal life. It's true, he may not live to a ripe old age, but surely he can enjoy life to the fullest right now.

Bear would be happy in just about any home, friendly dogs, kind and respectful children, adults who can commit to an indoor only home, and yes, even other cats, as long as they are already vaccine against the virus.

Please come and visit this adorable fellow.

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Our fax number is 279 3331.

E-mail us at steamer@salmonpress.com. We're looking forward to hearing from you!



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BY LARRY SCOTT

As my father stepped from his second-floor office one morning in 1949, he could scarcely believe what he was seeing on the floor twelve feet below. Lying face down, bleeding from the left ear, and unconscious, he saw what was left of me following a fall that came perilously close to ending my life.

The stairway that led to the ground floor of our home, you see, was sided by a winding, smooth bannister that no self-respecting 10-year-old could ignore. The trick was to slide down the banister and reach the first floor in record time. This time I missed! How I survived I do not know but, surprisingly, my injuries were minimal. Except for a broken bone in my shoulder and reduced hearing in that

left ear, I recovered completely within just a few months.

And now ... the rest of the story.

My parents were missionaries in the city of Cusco, Peru, and a week or so later my father received a letter from a lady in the United States whom he did not know.

"Could it be," she wrote, "that you had a particularly bad day on Wednesday. As I was working around my home I felt a special burden to pray for you. I stopped what I was doing, prayed for you and your family until the 'burden' lifted and I write to let you know about my experience and to ask how you and your family are doing." My father wrote back — and never heard from her again — that that was the day his family was in

desperate need of divine intervention.

I realize that to the skeptic the event has no merit. Grant the point ... but my Bible paints a surprisingly different picture from what you might think. There is a personal God ... and at times His love and care come through in rather spectacular fashion. Were we special? Not at all. But God does not care about any of us because of who we are; He is available to each of us because He is God.

You have perhaps gathered from this column that when I write of tough times and sleepless nights, I know what I am writing about. Through the years I have had to live through some of life's most difficult experiences and were it not for the watchful care of a loving

Heavenly Father, I can't imagine where I would be today. There have been times, I must admit, when it seemed God had gone AWOL and left me to dangle in the wind. I have, more than once, asked myself, "Where was God when the lights went out." But He was there, standing in the shadows, and eventually I have been able to look back and marvel at how God has intervened in my life.

I trust it is a discovery that you, too, have made. If not, I can assure you that He is everything you could ever want in a caring and benevolent Father. God is a "gentleman," however, and He will come into your life only by invitation. Your turn!

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

NORTH COUNTRY NOTEBOOK

Cougar, sturgeon, brook and river



By JOHN HARRIGAN
COLUMNIST

On the afternoon of Thursday, July 13, Brian Motiejaitis was returning from work to his Bear Rock home in Stewartstown when he saw an animal standing in the road a hundred yards or so ahead.

"That's way too big for a fox," he thought, and the closer he got, the more he thought "mountain lion."

A half-hour later, his wife Kerry was nearing home when she encountered a large, cat-like animal walking up the road ahead. She caught up with it, pulled over, stopped and just stared.

"It was only maybe 15 feet away," she said.

The animal turned and looked at her, walked up an old road, and lay down.

"It was without a doubt a cougar," she said, mentioning in particular the long tail.

"It just laid there, peering at me through the grass," she said.

More or less breathless from the experience, she burst through the door and said to her husband "You'll never guess what I just saw!"

His unhesitating reply: A cougar.

"He sort of took the wind out of my sails," she said ruefully.

For the early part of my life, the Mohawk River was a mysterious place. First, it was the nearest real river from home, although today, looking at it through older eyes, "river" seems a bit of an exaggeration.

Second, my nearest navigable waterway, Beaver Brook (we built

rafts to navigate it) flowed right past our back yard, down over an old dam, into what looked like an impenetrable jungle, and into first the Mohawk and then the Connecticut, which is an actual honest-to-gosh river, all 406 miles of it, from Pittsburgh's Third Connecticut to Long Island Sound.

I've always wondered where the Mohawk got its name, a story lost to history but most convincingly resting with the famed, fierce and feared Mohawks of northwestern New York and points beyond.

Similarly, I've always wondered about the name Battle Bridge, a span carrying Route 26 over the Mohawk about halfway between Colebrook and Dixville Notch. I've long thought that the name derived from a battle at an encampment of Coashaukees—an offshoot tribe of the Wobanaki—and marauding Mohawks driven to snowshoe-clad wanderlust.

Local historian Granvyle "Bud" Hulse said he was told something different. "My father said some Italian stone-masons were building the bridge, and a fight broke out," he said.

I like his story even better.

+++++

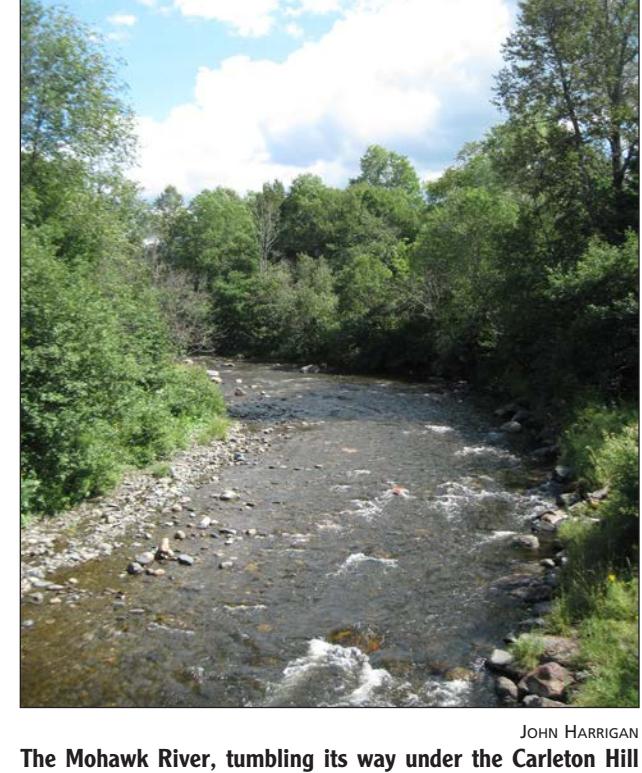
In the pages of Hawk-eye, a hunting and fishing-oriented statewide paper published in Milford, there loomed the figure of a big fish--of the almost prehistoric kind.

It was a 78-pound lake sturgeon, netted this spring by Vermont Fish and Wildlife biologists in Lake Champlain. The fish had been tagged during similar test-netting back in 1998. Listed by the state as endangered, lake sturgeon is found only in Champlain and three of its rivers.

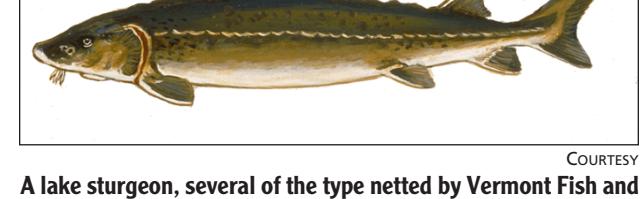
These huge fish, strange epidermal formations and barbels and all, are members of same family of sturgeon that



COURTESY
Kerry and Brian Motiejaitis are certain about what they saw while returning home from work—one just ahead of the other—near the end of Stewartstown's Bear Rock Road.



JOHN HARRIGAN
The Mohawk River, tumbling its way under the Carleton Hill Road bridge between Colebrook and Dixville Notch.



COURTESY
A lake sturgeon, several of the type netted by Vermont Fish and Wildlife Service biologists this summer in the Lake Champlain watershed.

once ranged in almost all rivers along the East Coast.

Indeed, a kid fishing in, say, the great eddy on the western shore of Amoskeag Falls in Manchester never knew what might take the bait.

While researching a story a few decades ago at the Manchester Historical Society, I came across an old journal account about a boy who was fishing there in the late 1700s when something took his line and ran with it.

The boy, who must have been fishing with

something stronger than horsehair rope, fought the leviathan for more than an hour before tossing the line to helpmates and grasping it under the gills. "And I had him!" was the triumphant quote.

And it was, of course, a sturgeon.

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



Kids compete in the Belknap County Fair's pie eating contest.



George LeClair spends some time with his holsteins Bow and Ari.



Vernon LeClair brushes Buck and Dan.

Record numbers turn out for Belknap County Fair

BY ERIN PLUMMER

mnews@salmonpress.news

BELMONT — Animal showings, music, food, tractors and monster trucks, and opportunities for kids to shine could be found at the annual Belknap County 4-H Fair.

The 74th annual fair took place over the weekend at the county fairgrounds with a wide array of events and offerings for people of all

ages.

Past fair president Fran Wendelboe said numbers over the weekend were near record, especially on Saturday.

Despite earlier concerns about possible rain on Saturday, they had record numbers that day.

The weather turned out ideal on Sunday and brought in good sized crowds. This year also saw a large increase in participants. Wendel-

boe said a few years ago, they had six pigs; this year, they had 27. The amount of cattle entries has doubled.

"The food vendors were having smiles on their faces," Wendelboe said.

New this year were the Monster Trucks, which kids were allowed to climb inside.

Kids from 4-H programs across the state displayed their many

skills and even inspired many more potential members. Wendelboe said many parents came up to her and asked how they could get their children involved in 4-H.

Olivia Nason, nine, of Boscowen showed Star, a Scottish Highland heifer, in the Animal Costume Show; both were dressed as ballerinas.

Olivia said she has been working with Star since Star was born last year, starting her training on a four-wheeler and going from there.

Olivia said she enjoys doing 4-H.

"I like when I get to walk her around during the fairs," Olivia said.

George and Vernon LeClair of Mason showed their own pairs of holsteins. George, nine, has been working with Bow and Ari for six months.

"At the beginning it's a little annoying because when you want them to go forward they pull back," George said. "As you train them more and more as they get older they get better."

George took his holsteins in the Showman-

ship in Cart and the Drag competitions. He said he really likes being part of 4-H.

"It's fun that some days you can bring your cattle up and show them a little bit," George said.

Vernon, 13, has been working with Buck and Dan for a year and seven months.

"After the first couple weeks, it started getting very easy, but after the first two it's hard because you have to train them," Vernon said.

He said some days are difficult, but he overall enjoys what he does.

Vernon said one of his favorite parts of 4-H is learning life skills.

"We're very proud of them," said George and

Vernon's dad Matt LeClair. "It's quite a learning experience for the cows and their kids and their parents."

"They have to learn a lot of things and it's an everyday thing, it's not just a summer," said their mom, Beth LeClair.

In the swine barn,

cousins Landon Akersstrom of Gilman and Noah Cullen of Bel-

mont, both nine-years-old, showed off their pigs. Landon came with Snowflake and Ham. He said sometimes they can be hard to work with and require a lot of feeding and caring for.

"You need to bring them water very often, you also need to feed them very often in the morning and night," Landon said.

He walked his pigs in front of the judges, saying they look at how good the pigs look and how well they walk.

Noah, who was there with Bluebell and Stripe, said they can be hard to work with. The hardest part is getting them to walk when they would rather lay down.

Overall both of them said they like doing 4-H.

"You can spend more time at the fairs and with your pigs," Noah said.

Noah's mom Rebekah Cullen said this is the boys' first fair with their pigs. She said she thought 4-H is a great program that teaches them a lot of things.

"It's so far bee the best experience with animals," Noah said.

Gilford Parks and Recreation news

BY HERB GREENE

Director

Gilford Parks and Recreation

Youth Soccer registration deadline is Aug. 18

The Gilford Parks and Recreation Department will be accepting Youth Soccer registrations through the registration deadline of Friday, Aug. 18!

The youth soccer program is open to all Gilford students entering grades K-5 this fall. After Aug. 7, the registration fee increases to \$35.

Any registrations submitted after the Aug. 18 deadline will be accepted on an availability basis only.

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

Gilford Old Home Day, Saturday, Aug. 26!

The annual Gilford Old Home Day celebration will be held on Saturday, Aug. 26. This

year's theme is "Celebrating Small Town America!". When asked what Small Town America means to them, some participants at the GES Summer Program had this to say:

"I like living in a small town because you know everyone and make a lot of friends." - Georgia E.

"It's different. It's not New York City. It's not Miami, FL. It's Gilford, a small town with a BIG heart." - Hunter B.

"I like living in a small town because you have enough space to play in your yard." - Jacob C.

The festivities include; the Annual Parade at 10:00 a.m. (featuring bands and many

traditional floats), musical entertainers including the "Matt Langley and Jon Lorentz" and the "Eric Grant Band," children's entertainer "Steve Blunt", Community Band Concert, 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.

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ABOUT CLEAR PATH FOR VETERANS NE:

At Clear Path for Veterans, we talk about the life cycle of a warrior. When our military members make the commitment to join the armed services, they do so because of a desire to serve. That desire doesn't end upon the completion of their military service – rather our warriors want to continue their commitment to service and show that healthy Veterans transform communities.

However, the transition from military service to civilian citizenship can be daunting. Supporting them through transition and beyond is the mission of Clear Path. Through programs and services to support all levels of need, Clear Path serves as the landing pad that allows our warriors to restore, reset and continue their service to their community.

Clear Path for Veterans New England is proud to present our Red, White and Blue Golf Tournament speaker, Retired SSG Travis Mills. Travis, best selling author of the book "Tough as They Come" will inspire us with his message of ... never give up, never quit, no matter the obstacles. Travis lives life to the fullest and has made his message come to life through his Retreat in Maine where he supports combat wounded Veterans and their families overcome physical obstacles, strengthen their families, and provide

well-deserved rest and relaxation.

Thousands of soldiers die each year to defend their country. United States Army Staff Sergeant Travis Mills was sure that he would become another statistic when, during his third tour of duty in Afghanistan, he was caught in an IED blast four days before his twenty-fifth birthday. Against the odds, he lived, but at a severe cost – Travis became one of only five soldiers from the wars in Afghanistan and Iraq to survive a quadruple amputation.

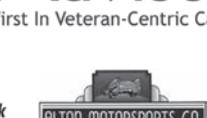
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— OBITUARIES —

Ida Copadis Barton, 96

GILFORD — Ida Copadis Barton, 96, formerly of 100 Watson Rd., died Wednesday, Aug. 9, 2017 at Lakes Region General Hospital in Laconia.

She was born on July 27, 1921 in Manchester, the daughter of the late Constantine and Elizabeth (Blogouras) Copadis. Ida was a 1939 graduate of Central High School in Manchester, and was married to George J. Barton in Sacramento, Calif. in 1951. In her 20s, she worked in the Welfare Stamp Office, distributing food stamps and gas ration cards during the war. Ida also worked during the 1940's as a PBX Operator for the Manchester Knitted Fashions Company. Later, she worked as the co-owner of Barton's Motel in Laconia for over fifty two years with her husband, George J. Barton. She was a founding member of the Taxiarchai Greek Orthodox Church in Laconia, serving as Church Secretary for over 30 years. Ida enjoyed traditional Greek cooking,



IDA BARTON

traveling to Greece yearly in September, was an avid Boston Red Sox fan and enjoyed knitting and crossword puzzles. She especially enjoyed time with family, especially her grandchildren.

She is survived by her two sons, John G. Barton and his wife Cheryl of Gilford and Christopher G. Barton and his wife Shelley of Rochester, Mass.; four grandchildren (Christina E.M. Buy, Nicholas J.G. Barton, Riley Barton and John Mercier); and two great grandchildren, Evelyn and Lucas Buy.

In addition to her parents, she was predeceased by her husband, George J. Barton, in 2005 and one brother, Demetrios Copadis, also in 2005.

Calling hours were held from 6 to 8 p.m. on Sunday, Aug. 13, 2017 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

Funeral services and burial will be private.

For those who wish, memorial contributions may be made to St. Jude Children's Research Hospital – PO Box 1000 Dept 142, Memphis, TN 38101-9908 or to Make-A-Wish Foundation of NH, 814 Elm St., Ste. 300, Manchester, NH 03101. Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

Low cost microchip clinic at NH Humane Society on Aug. 19

LACONIA — Saturday, Aug. 19, the New Hampshire Humane Society will be recognizing International Homeless Animals' Day by hosting a low cost Microchip Clinic and Open House at the shelter at 1305 Meredith Center Road, Laconia from 11 a.m. – 2 p.m. Microchips are \$25 per animal, cash only, first come, first served. Please bring dogs on leashes and cats in carriers.

The shelter will also have a bake sale and New Hampshire Humane Society merchandise available for sale. DogWatch NH will be on-hand with information, and community business partner, Ben & Jerry's Meredith Scoop Shop, will be selling ice cream from noon – 2 p.m., with a percentage of the proceeds being donated back to the shelter.

The International Society for Animal Rights

(ISAR) conceived and began International Homeless Animals' Day (IHAD) in 1992. Since that time, ISAR's International Homeless Animals' Day Observances have consistently grown in number. They bring people all over the world together to shed light on pet overpopulation and the spay/neuter solution. By now, IHAD events have been celebrated in all 50 states and the District of Columbia, in over 50 countries and on 6 continents, saving millions of animals' lives. For more information, visit www.isaronline.org.

A key component of the New Hampshire Humane Society's mission is to provide forever homes to lost, abandoned and neglected animals. All animals at the shelter located on Meredith Center Road are micro-chipped prior to adoption, in addition to being

altered and receiving routine vaccinations and anti-parasitic medication. Adoption placement is only one facet of the multi-pronged mission at this animal welfare agency - providing responsible owners with life-saving microchip devises, low-cost spay/nature options, and periodic rabies clinics are other aspects of this community resource for animal related issues.

Aug. 19th also marks the NBCUniversal Owned Television Stations' popular nationwide pet adoption campaign Clear the Shelters. NBC and Telemundo stations all across the country will join with hundreds of animal shelters to help families find and adopt a new pet. Inspired by a North Texas pet adoption effort led by the Dallas NBC and Telemundo stations KXAS and KXTX, the Clear the Shelters pet adoption campaign has become a popular day of action for communities nationwide. Since Clear the

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Genesis Behavioral Health finances construction project with Meredith Village Savings Bank

LACONIA — With financing help from Meredith Village Savings Bank (MVS), Genesis Behavioral Health is consolidating its clinical and administrative offices in Laconia into a single facility at 575 Main St. The new facility will improve patient care, create efficiencies for sustainability and allow for the expansion of services to best meet the needs of the 24 communities it serves. The project is expected to complete in early 2018, and will improve accessibility of Genesis' services in the Lakes Region.

With locations in Plymouth and Laconia, Genesis is a private non-profit organization that serves close to 4,000 people throughout the greater Lakes Region, providing outpatient and emergency mental health care.

"It has been my pleasure to work with Genesis for the financing of this construction project," said Gracie Cilley, Vice President, and Commercial Loan Officer for MVS. "I was especially impressed to see how consolidating its offices will increase efficiencies, which helps patients gain better access to services."

"We're very grateful to Gracie and MVS, who have helped make this project happen," said Margaret Pritchard, Executive Director of Genesis Behavioral Health. "In our new location, we will be able to expand services to include the integration of



COURTESY

Margaret Pritchard, Executive Director of Genesis Behavioral Health and Gracie Cilley, Vice President and Commercial Loan Officer for MVS.

physical and behavioral health care, close service gaps, improve the quality of care and make access to care easier for those who need it. It's more critical than ever for patients to have the best possible care they can get."

Founded in 1966, Genesis provides integrated mental and physical health care for people with mental illness. It is designated by the State of New Hampshire as the community mental health center of Belknap and the southern Grafton Counties. Offering outpatient and emergency mental health care, Genesis is a private, non-profit corporation that serves children, adults, elders and their families throughout the Lakes Region. For more information, visit www.genesisbh.org or call 524-1100.

For nearly 150 years, MVS has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVS and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call (800) 922-6872 or visit mvsb.com.

Laconia-Gilford Lions Club: Paving the way to a healthier community



COURTESY

Laconia-Gilford Lions Club Board Members Marilyn Brown & Matt Soza on Phase 2 of the WOW Trail.

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Magician B.J. Hickman headlines Gilford Community Church Old Home Day Fair

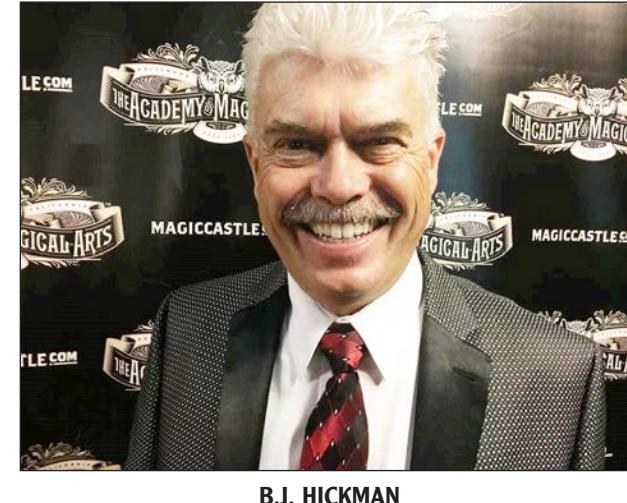
The Gilford Community Church & Youth Center is presenting two performances of "The BJ Hickman Magic Show" during Gilford Old Home Day, Saturday, Aug. 26 at 11:30 a.m. & 12:15 p.m. Both magic shows will take place in the Gilford Youth Center.

Magician BJ Hick-

man entertains family audiences with comedy magic, dazzling deceptions, and mind reading miracles. Hickman's audience participation

magic shows are a popular favorite throughout New England. Recently, he returned from performing seven nights at the famous Magic Castle in Hollywood, and various venues in Burbank and Beverly Hills, California. He also speaks nationally with his "PediaTRICKS.com" presentation, and performs in schools with programs on Reading, Recycling, and Conflict Resolution.

Hickman's book is titled "Magic Speaks Louder than Words." The shows are open to the public and available by contacting Jessica Fleck, Fair Coordinator at 728-5671.



B.J. HICKMAN

Saturday Worship continues at FUMC

The First United Methodist Church of Gilford is holding a Saturday evening worship service this week at 5 p.m. in the Charles B. French Chapel behind the church.

This informal service will last about 45 minutes. This coming Saturday, Aug. 19, Rev. Kathryn McGregor will be leading worship with

a discussion message based on Matthew 15:21-28.

Rev. Kathryn McGregor is a retired ordained Elder of the United Methodist Church who previously served in New Hampshire at churches in Franklin, Newport, East Lempster, East Rochester, and Colebrook. She also served in Wilton and North Jay,

Maine. She currently resides at Wesley Woods.

The church is located at 18 Wesley Way (off Route 11A near the 3/11 bypass). If you need directions, please call the church office Monday – Friday 8:30 a.m. – noon, at 524-3289. Come join the fellowship and share in this unique worship experience with your family and friends.

myPatient Portal – Manage Your Health on Your Own Time

LACONIA – Patricia Rice, Communications Application Manager for LRGHealthcare presents a program showing how you can securely access your health information 24/7 with the new myPatient Portal, Wednesday, Aug. 23 at 2 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

One source for med-

ical office and hospital information, the electronic health record via myPatient Portal includes your medical history, medications, allergies, immunizations, lab results, office notes, radiology reports and much more. MyPatient Portal is offered through a community health partnership between LRGHealthcare and Speare Memorial Health net-

works.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.

Applications now being accepted for Leadership program

REGION — Jennifer McLean, Program Coordinator for the non-profit Leadership Lakes Region, announces that the group is accepting applications now for its next class which begins in October.

"We will accept 25 applicants this year and have half of our available seats already full," said McLean. "We're actively reviewing applications from others."

So far, the leadership program has accepted a customer service

manager, a high school teacher, an architectural designer, a realtor, an educational marketing director, a director of a non-profit agency, a nurse practitioner, a fire fighter, a fire chief and a food service manager among others. McLean likes the diversity she sees in these early acceptees and expects the trend to continue.

"One of the true benefits of participating in Leadership Lakes Region is the opportunity to form a new network of professionals outside one's normal employ-

ment sector," McLean stated.

She added that more than 330 area professionals have graduated from the leadership program since it was started in 1996 and anyone interested in learning more about Leadership Lakes Region or wants an application for the program may visit the Web site, www.leadershiplakesregion.org. Applications and a Program Brochure with advance meeting dates for the entire program year can be downloaded from the Web site.

Alton Bay Christian Conference Center Summer Concert Series

Saturdays Throughout the Summer

August 26
Basil Yarde

September 2
The Ball Brothers

Concerts start at 7:00pm on the grounds of the Alton Bay Christian Conference Center in Alton Bay. Concerts are free. For more info, please visit altonbay.org or contact us by email or phone: info@altonbay.org or 603-875-6161

Be Safe And Mart

Jenni's Ride around the L4ake

The weather again cooperated with Jenni Harmon's family and friends to provide a perfect day for a motorcycle ride and barbecue to raise funds for the scholarship in her memory. Since 2007, the Jenni Ann Harmon Memorial Scholarship Fund has awarded over \$9,000 to local students. Pictured above (left to right) are Jenni's sister, Jami, her parents Russ & Jane and Lakes Region Scholarship Foundation Executive Director Joan Cormier. Cormier thanked everyone who donated or participated in this fundraiser perpetuating Jenni's dream of pursuing a career in the medical and fire safety fields.

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Meredith Village Savings Bank James D. Sutherland Memorial Scholarship recipients announced

REGION—Meredith Village Savings Bank (MVS) is pleased to announce this year's recipients of the James D. Sutherland Memorial Scholarship. The scholarship is awarded annually to one graduating senior each from Gilford, Inter-Lakes, Kingswood, Laconia, Moultonborough, Plymouth Regional and Prospect Mountain High Schools. These schools are located in towns where MVS has a branch. In 2018, the scholarship will expand to include Portsmouth.

This year's recipients include:

• Cameron Place of

New Durham, son of Daniel and Lynette Place, attending Husson University in Maine

• Jenna Morrison of Plymouth, daughter of Danee Morrison, attending Saint Anselm College

• Johanna Morris of Gilford, daughter of John and Lisa Morris, attending the University of Rhode Island

• Kadidja Conde of Laconia, daughter of Silaty Conde, attending American University in Washington D.C.

• Kelsey Mako of Moultonborough, daughter of Bob and Connie Mako, attending the University of

New Hampshire

• Matthew Duffield of Meredith, son of John and Allison Duffield, attending Concordia University in Montreal, Quebec

• Naomi Murzin of Barnstead, daughter of Donald and Rebecca Murzin, attending Keene State College

The Sutherland Memorial Scholarship was established in memory of James Sutherland, who served as President and CEO of Meredith Village Savings Bank between 1982 and 1996. Students interested in applying for the 2018 scholarship are encouraged to contact their guidance office.

For nearly 150 years, MVS has been serving the people, businesses, non-profits and municipalities of Central NH. MVS and its employees are guided by the values of ac-

countability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Har-

bor, Gilford, Hampton Falls, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call (800) 922-6872 or visit mvsb.com.

James O. Nash, CPA, MSA Joins Malone, Dirubbo & Company, P.C.

Malone, Dirubbo & Company, P.C. profession for 19 years prior to joining Malone, Dirubbo & Company, P.C. on June 26. He holds a Masters in Accounting degree from the University of Southern New Hampshire and earned his Certified Public Accountant

status in 1999. We are happy to have James as part of the firm as he brings a wide array of skills and a commitment to community. James lives in Alton with his wife Judith and they enjoy traveling the US and abroad.

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Laconia Academy offers diploma courses for fall semester 2017

LACONIA — Laconia Academy is the adult evening high school diploma program in the Lakes Region. The diploma program provides adults with a "second chance"

to earn a high school diploma.

Laconia Academy serves three types of students.

1. Students who require credit recovery. These students need

a couple classes to get them back on track for graduating with their peers from their own high school. (Approval by their High School Principal or Guidance Department is required)

2. Students who require a high school diploma or students who transfer into our diploma program and plan to graduate from our 20 credit diploma program and take a class or classes with Laconia Academy to accomplish this. (Note: This is for any age after high school or students of high school age must be turning 18 over the course of the year and require permission from their high school Principal or Guidance Department.)

3. Students who have graduated from high school but lack pre-requisites for nursing or similar field in the areas of Biology w/Lab, Chemistry w/Lab, Algebra I or II.

The Fall Semester 2017 classes start the week of Sept. 5. The following courses will be offered: Physics, Human Biology & Lab, Chemistry & Lab, Current Events & Global Issues, Foundations Math I, Intro to Creative Writing, Algebra I & II, and Reading the Memoir to Write a Memoir.

One vital piece of paper needed at the time of enrollment is a copy of one's high school transcript from the last high school attended. It is necessary in order to transfer those previously earned high school credits to one's current record at Laconia Academy.

Laconia Academy has limited scholarship help for those students demonstrating financial need.

Statistics show that one out of four adults in New Hampshire does not have a high school diploma. This often causes individuals to be ineligible for a job or promotion. Do this for yourself and invest in your future. Go back to school and earn a high school diploma.

Call 524-5712 to learn more or start the enrollment process or stop into the Laconia Adult Education office located at Laconia High School.

Go to adultedlaconia.weebly.com for course offerings.

Pitman's Freight Room welcomes Katie Dobbins

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

Friday, Aug. 19, 8 p.m., \$20: Katie Dobbins, "She is Free" concert

Boston based artist Katie Dobbins draws from a music palette of contemporary folk and new country to establish a genre uniquely

her own. With the heart of a poet and a mastery of storytelling, her songs touch on elements of life and relationships in ways that lift spirits and challenge the soul. Dobbins' compelling vocal tones, supported by her acoustic guitar or piano keyboard, paint her lyrical truths into images that stay with you. Contemporary folk and new country artist Katie Dobbins released her debut album, "She Is Free," on May 7. Soon



KATIE DOBBINS

after its release, "She Is Free" has received

SEE DOBBINS PAGE A14

Gilford Rotary's "Paint A Butterfly" Contest deadlines Aug. 25

The Gilford Rotary Club Paint A Butterfly Contest deadline for entries is approaching. Proceeds will be donated to MAKE-A-WISH New Hampshire. Painted butterflies will be displayed and judged at Gilford Old Home Day Saturday, Aug. 26. Entry fee is \$25. Pick up and pay for blank plywood butterflies at Gilford Fire Department, Monday – Friday, 9am-5pm. Finished butterflies should be returned to Gilford Fire Station Friday, Aug. 25 with entry form. For more information, contact Gilford Rotarians Don at 455-9909 or Peggy at 919-619-2839.

COURTESY

7 ways to make mornings less hectic

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead.

Making mornings less hectic involves a few different strategies that parents and kids can easily incorporate into their daily routines.

• Wake up slightly earlier. Getting up earlier than normal, even if it's just 15 to 20 minutes before you're accustomed to getting out of bed, can help reduce morning stress. Resist the temptation to hit the snooze button over and over again. A few extra minutes each morning can make you feel more relaxed and make for a smooth, stress-free start to the day.

• Get some work done the night before. Prepare lunches the night before and have them ready in the refrigerator. In addition, lay your clothes for the following day out each night. This saves time and takes a couple more things off your morning to-do list.

• Ease back into a routine. As a new school year dawns or a long vacation comes to an end, begin going to bed earlier and start waking up earlier as well. This can make the transition

from carefree mornings to busy mornings go more smoothly.

• Prep backpacks in the evening. Look through folders, sign paperwork, check assignments, and do whatever is you need to do the night before to save your family from having to scramble in the morning. This ensures those permission slips get signed and items make it back into school bags.

• Opt for school lunch a few times. Look ahead on the school lunch menu and speak with children about which meals they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.

• Have quick breakfast foods available. Smoothies, cereal bars, oatmeal, and whole-grain cereals are fast and nutritious ways to start the day.

• Carpool whenever possible. Busy families can save themselves extra work by proposing a neighborhood carpool. Sharing school dropoff detail frees time up for parents once or twice a week, and kids may enjoy traveling to school with their friends.

Mornings can be tricky when family members are getting ready for school and work at the same time. By practicing a few daily rituals, it's possible to curb the rush and start the day happier and more relaxed.

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MARK ON THE MARKETS

Let's get to it!



BY MARK PATTERSON

Hi, my name is Mark Patterson, and I'm the founder of MHP Asset Management LLC, a New Hampshire registered investment advisory firm. I have offices in Meredith as well as Wolfeboro falls New Hampshire. I have been writing a column in various newspapers since 2006. In 2007, I wrote in a paper up north, that we were headed into a global recession. At that time, some readers thought I was being dra-

matic because just about all analyst connected to brokerage firms were still very bullish on the US and global economies. Couple of things that led me to make that statement were based on the fact that I had been a futures and commodities trader that looked at currency valuations and technical analysis to form opinions about markets going forward. And while there were a few things that disturb me then, it was really a gut feeling that led me to make a very accurate call about the 2008 debacle.

I began this business in 1988, not yet in the brokerage business however, I was syndicating equipment finance portfolios for a leasing company and selling them for profit to larger entities. In 1995, I decided I wanted to be a stockbroker. Tucker An-

THONY, now Royal Bank of Canada, gave me my first opportunity working with retail client money. I enjoyed building portfolios using individual stocks, bonds and a few specialized mutual funds, I did not like selling packaged product like variable annuities. In the retail brokerage world, you are under pressure to generate a certain amount of gross commission to keep your seat. Without selling high commission product I had trouble making that number and eventually lost my seat. Fortunately, one of the other brokers had a brother that was a partner in a midtown Manhattan bond trading firm. This firm was looking for somebody to construct their equity trading desk. I always liked the construction, manufacturing aspect of creating a portfolio, but

didn't really care much about selling a prepackaged investment product.

While with this midtown firm, I also became very familiar with the Bloomberg machines that bond traders used. They were considered "sell side" brokers. In other words, they were selling bonds to institutions like mutual funds, pension funds or maybe even banks.

Creating an advisory firm that works for the client in a fiduciary capacity, creating portfolios that are suited to the client's needs and risk tolerance has been a natural progression from helping to create those bond and stock portfolios for the institutions. You see, working with my firm is like buying direct from the manufacturer and not paying all those related marketing costs that go

with buying retail.

So, let's get to a few action items that I believe, are a great place to start!

Action item #1: Identify if your current advisor or broker is working for you in a fiduciary capacity and not the firm, bank or broker dealer.

Action item #2: Evaluate the investment vehicle's you are in. Are they individual stocks, bonds, low-cost ETF's, index funds with low expense or commissioned mutual funds? Evaluate your mutual funds for loads(commission) and internal expense ratios.

You can do this by typing the ticker symbol into Morningstar or Yahoo finance. If you don't really know what you're supposed to be looking for call my office or email me. MHP is all about low fee, high value investing!

Action item #3: Veri-

fy that your portfolio of investments is really designed for you and not a portfolio that is stamped out for the masses. If income is your objective make sure the investments match that objective. If it is growth, then it should be growth. At MHP asset management, we always assume our client is risk adverse until proven otherwise.

Action item #4: Learn how to create sustainable, predictable income from accumulated assets held in stocks or mutual funds, contact my office and I will get you a CNNMoney article published, regarding this (hot) topic.

Mark Patterson is founder of MHP Asset Management, and can be reached at 447-1979 or Mark@MHP-asset.com.

MHP custodies all client funds with TD Ameritrade Institutional.

Bank of New Hampshire's Prestige Plus members travel to the Land of Fire and Ice

LACONIA — Bank of New Hampshire's Prestige Plus members recently returned from a trip of a lifetime as they toured Iceland, the Land of Fire and Ice!

Highlights included: Reykjavik - Golden Circle - Thingvellir National Park - Gullfoss Waterfall - Geysir - Snaefellsnes Peninsula Cave Hike or Lava Field Walk - Breidafjörður Bay - Seljalandsfoss - Vik - Eyjafjallajökull Volcano Visitor Centre - Skogar Museum - Skógarfoss - Jökulsárlón Glacial Lagoon - Skaftafell National Park - Vatnajökull Glacier - Blue Lagoon

Valerie Drouin, SVP - Prestige Plus Manager stated, "This was the first time Bank of New Hampshire has escorted our customers to Iceland since the program's inception in 1989. The dramatic contrast of a land formed by fire and ice with steaming lava fields, hot springs, fjords, glaciers, and waterfalls, give Iceland a unique beauty."

Drouin went on to say, "This adventure tour

was on many member's bucket list! Iceland is the fastest growing tourist destination right now. It is extremely satisfying to realize that Bank of New Hampshire is fulfilling people's dreams through the Prestige Plus travel program."

The tour began in the beautiful capital city of Reykjavik, where the group enjoyed the city including the quaint old section with the Hallgrímskirkja Church, city hall and harbor.

From Reykjavik, the group traveled the Golden Circle, a route encompassing many of Iceland's most renowned natural wonders. The circle includes a UNESCO World Heritage site called Thingveller's rift valley and one of the globe's most significant landscapes marking the point where the North American and Eurasian tectonic plates meet. The group marveled at the beauty of the Gullfoss waterfall, a 100-foot double cascade.

A highlight of the trip was a visit to the Snaefellsnes Peninsula

and Breidafjordur Bay, where Prestige Plus members enjoyed a nature cruise where they tried delicious fresh scallops and sea urchin roe straight from the ocean! The cruise also provided up-close viewing of countless birds like puffins, cormorants, fulmars and white tailed eagle.

Then it was on to Iceland's southern coast and the town of Vik. The group visited a family that keeps alive a 400 year old tradition of catching and preserving Greenland Shark. While in Vik, there was a visit to the Skogar Museum, with a collection covering all aspects of Icelandic life and a visit to one of the largest waterfalls in Iceland, Skogafoss; as well as a trip to the Eyjafjallajökull Volcano Visitor Center.

Another highlight in Iceland was a visit to Skaftafell, the gateway to Vatnajökull National Park, the largest national park in Europe, with Iceland's highest mountains and Europe's largest glacier. A trip



COURTESY
Valerie Drouin, SVP - Prestige Plus Manager with her husband, Tom, in front of Gullfoss Waterfall in Iceland.

to Iceland would not be complete without a visit to the famous Blue Lagoon, a geothermal pool located in the middle of a lava field. Prestige Plus members witnessed steaming lava fields and volcanic landscapes; massive glacier sculpted mountains and valleys with thundering waterfalls, plunging fjords and lupine filled fields. They came away from the journey with wonderful memories of a land of dramatic contrasts.

"We plan all of our trips months in advance and customize them to meet the needs of our valued Prestige Plus members," stated Drouin.

"With 28 years of experience in the bank travel industry, our customers know when they sign up for a trip the quality will be unsurpassed. Our Prestige Plus Travel program was recognized as one of the top bank programs in the country. We plan and arrange these trips as a way to thank our members for choosing Bank of New Hampshire."

To learn more about Bank of New Hampshire's Prestige Plus program, contact Valerie Drouin, SVP - Prestige Plus Manager at 527-3207 or DrouinV@banknh.com.
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NH Dance Movement preparing for annual show

MEREDITH — As the summer days continue to roll by, local dancers from all across the state are dedicating hours to giving back to their local community as the annual Dance to Make a Difference put on by New Hampshire Dance Movement is quickly approaching. Saturday Aug. 26 at 7 p.m., at the Inter-Lakes Community Auditorium, dancers of all ages will be performing to raise funds

for The Faith Hope and Love Foundation.

Kelsey Piper and Suzanna Derynorski are the visionaries behind the movement and when asked what motivates them they share that they love getting a chance to perform in the summer. Kelsey and Suzanna also shared, "It also allows us to learn and work with new people, which is always important for dancers to grow. Another moti-

vation is giving young people a chance to give back to their community. It's really cool to see how excited the dancers get for the show."

Kelsey and Suzanna lead by example when it comes to giving back to their community as this year's show is the sixth year in a row facilitating the family friendly event to raise funds for NH youth.

"We continue to support the work of FHL be-

cause we love their mission of bringing relief to children and youth to help them reach their dreams and goals," Piper and Derynorski stated. "With both of us being dance teachers, we work with a lot of children and want them all to succeed in everything they want to do. Working with FHL has allowed us to make an impact on a demographic that is near and dear to us."

"The Faith Hope and Love Foundation is incredibly grateful to Kelsey and Suzanna, along with all of the dancers in New Hampshire Dance Movement, as they continue to not only raise funds for FHL, but also provide a positive example to students throughout the state," expressed FHL President, Lara Gruner.

Tickets for the Aug. 26 show will be sold at the door and can be reserved by emailing nhdancemovement@gmail.com. Community members can find more information by visiting



COURTESY PHOTO
NH Dance Movement's Kelsey Piper (left) and Suzanna Derynorski (right).

NH Dance Movement's Facebook for more information, pictures of the show, choreographers and more. For information on The Faith

Hope and Love Foundation, readers can visit them online at www.faithhopeandlovefoundation.org or on Facebook.



"Gypsy" comes to Interlakes Summer Theatre for one week only

Rebecca Tucker, Emma Flynn Nancy Barry and Tom Hallett appear in "Gypsy," the musical at Interlakes Summer Theatre, one week only, Aug. 16-20. For information, visit interlakestheatre.com or call 707-6035.

Natalya Pearl promoted to Vice President, Financial Advisor for MillRiver Wealth Management

MEREDITH — Natalya Pearl has been promoted to Vice President, Financial Advisor for MillRiver Wealth Management (MillRiver). In this role, Pearl will continue to oversee the development and implementation of comprehensive financial plans for individuals, businesses and organizations.

"Natalya has a tremendous amount of empathy, intuitively understanding what her customers may need and before they are even able to articulate their goals,"



NATALYA PEARL

said Paul Provost, President of MillRiver Wealth Management. "Her professional success can be attributed to her ability to understand each person's unique situation. She provides custom financial planning solutions

SEE PEARL PAGE A14

that are best for them because she has really crafted and mastered her listening skills. Additionally, Natalya is also dedicated to serving the community, principally working as an investment committee member for the Central New Hampshire Visiting Nurses Association."

"Natalya works tirelessly for her clients, often working late to the evening and on weekends," added Cindy Motta, Vice President, Trust Administration and Operations at MillRiver. "People

The Interlakes Children's Theatre presents "Into the Woods, Jr." Aug. 5 & 6. For information, call 707-6035. From Left to Right: Maya Yelle, Hale Kutuk, Ashley Spencer, Maggie Godsoe, Grace Racek, Skyler Alexander, Olivia Tatro, Natalie Pourde, Aydin Kutuk, Chance Dawson, Laryssa Humphrey, Emma Morrison, Cailin Cronin, Adam Watson, Conor Farah.

Journey "Into the Woods" with Interlakes Children's Theatre

MEREDITH — Interlakes Children's Theatre is pleased to present Stephen Sondheim's and James Lapine's cockeyed fairytale "Into the Woods Jr.!"

"Into the Woods Jr." features all of your favorite characters — Cinderella, Little Red Riding Hood, Jack (and his beanstalk) and the Witch in this lyrically rich retelling of classic Brothers Grimm fables. The musical centers on a baker and his wife,

who wish to have a child; Cinderella, who wishes to attend the King's festival; and Jack, who wishes his cow would give milk.

When the baker and his wife learn that they cannot have a child because of a witch's curse, the two set off on a journey to break the curse and wind up changed forever.

This adaptation of this groundbreaking, Tony Award-winning musical is kid friendly and runs about an hour. Performances are Aug. 5 at 11 a.m. and Aug. 6 at 11 a.m. and 7:30 p.m. at the Inter-Lakes Auditorium in Meredith.

Interlakes Children's Theatre is a New Hampshire non-profit (501c3) organization which offers a place for teens and tweens to participate in theatre, promotes literacy by producing shows based on books, and entertains the local community.

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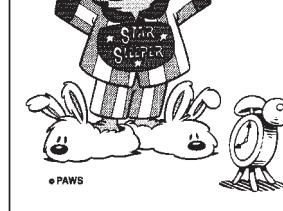
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Bank of New Hampshire celebrates its employees

LACONIA — Thirty-six employees were recently honored for reaching milestone anniversaries for a combined 380 years of service to Bank of New Hampshire! Bank of New Hampshire understands that happy employees create happy customers. Employees that feel valued and empowered are far more likely to enjoy their jobs and be personally invested in the bank, and in turn provide better customer service.

Each year, Bank of New Hampshire takes the time to honor and thank our staff for their loyalty. 2017 marked 25 years of service for Connie Ehmann and Debra Davis. Along with them, four employees were honored for 20 years of service each; Cindy Salta, Gale

Fontaine, Barbara Laflamme and Bonnie Greenless. Six employees were honored for 15 years of service each; Jean Dobbins, Stacey Beaudoin, Rosa Michaud, Tania Baert, Susan Adams and Paul Nee. Eight employees were honored for 10 years of service each; Tina Ryan, Andria White, Candice Hada, Mindy Stevenson, Dirk Richardson, Denise Rogers Andrew Giovanni and Diana Craigie. In addition, sixteen employees were recognized for five years of service each and thirty-four employees were recognized for special awards, education and leadership accomplishments.

Through the utilization of their internal intranet and daily posts, a weeklong celebration

takes place. This provides an opportunity to get to know each other in a less formal setting. In addition, each employee was thanked for their dedication, presented an award and received a gift as a token of appreciation.

"The most important part of a successful organization is the people who work there. We celebrate those employees who make Bank of New Hampshire a great place to work and a great bank for our customers," stated Paul Falvey, President & CEO of Bank of New Hampshire.

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

Citywide Blackout, and WMNH 95.3. The show will feature Dobbins alongside two other artists, all performing songs and stories in the spirit of freedom, empowerment, and love.

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

With 24 banking offices throughout New Hampshire and assets exceeding \$1.5 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than



COURTESY

Left to right: Debra Davis and Connie Ehmann were recognized for 25 years of service.

stockholders. For more information, call 1-800-BankNH.com.

PEARL

(Continued from Page A12)

trust Natalya because she cares deeply about her customers, and places a tremendous amount of value on the relationships she develops. She has a great deal of confidence, which stems from an absolute commitment to improving herself and refining her skills. She never gives up, nor does she ever settle for 'good enough.' For as long as I've known Natalya, she always wants the best for others."

Pearl began her career at New Hampshire Mutual Bancorp (NHMB) as a Teller at Merrimack County Savings Bank (the Merrimack) in 2008, and advanced to the Bank's wealth manage-

ment department in 2011. She is a Certified Financial Planner with expertise covering income tax and estate planning, investment planning, risk management and retirement planning. She is also a licensed Financial Advisor in partnership with Infinex Investments. She is currently active on the investment committee for the Concord Regional Visiting Nurses Association. She earned her MBA from Baltic State University in Kaliningrad, Russia. Pearl resides in Loudon with her husband Joshua and young baby, Theodore ("Teddy").

MillRiver Wealth Management offers

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

DOBBINS

(Continued from Page A9)

critical acclaim from Music Box Pete, Lime-light Magazine, and The Deli Magazine and has received airplay on WATD 95.9, WEMF's

Citywide Blackout, and WMNH 95.3. The show will feature Dobbins alongside two other artists, all performing songs and stories in the spirit of freedom, empowerment, and love.

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

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Edward Jones: Financial Focus

Stay Calm on the Investment "Roller Coaster"

Unless you live near an amusement park that does a lot of advertising, you probably didn't know that Aug. 16 is National Roller Coaster Day. Actual roller coasters provide people with thrills. But as an investor, how can you stay calm on the "roller coaster" of the financial markets?

Here are some suggestions:

• Know what's in front of you. If you've ever ridden a roller coaster in the dark, you may find it scarier than if you boarded it in daylight – after all, it can be unsettling not to know where you're going. The same can be said about investing: If you have no idea what's in front of you, you might find the journey unnerving – and if that happens, you could make panicky decisions, which are usually bad ones. So prepare for the inevitable market volatility – it's a normal part of the investment landscape.

• Buckle up. When you're on a roller coaster, you need to buckle your seat belt or use a restraint. You want to have the excitement of the ride, but you certainly don't want to take unnecessary risks. And you can enjoy some of the excitement of investing without incurring more risk than you are comfortable with, too. One way to lower your risk level is to diversify across a range of investments – stocks, bonds, government securities, and so on. That way, if a market downturn primarily affects just one type of investment, you'll have some protection. However, although diversification can reduce the impact of volatility on your portfolio, it can't protect against all losses or guarantee a profit.

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

• Choose a strategy for the journey. Different people have different ways of handling a roller coaster ride. Some like to throw their hands up, enjoying the feeling of abandon, while others hold on tightly to the bar in front of them. When you invest, you also need a strategy that works for you, and the best one may be the simplest: Buy quality investments and hold them for the long term. How long is "long term"? It could be 10, 20, 30 years or more. Famed investor Warren Buffet says his favorite holding period is "forever." If you've chosen a mix of quality investments appropriate for your risk tolerance, you may be able to hold them until either your goals change or the investments themselves undergo some transformation.

• Stay for the whole "ride." When you hop on a roller coaster, you've got no choice – you're staying until the ride is over. As an investor, though, you can exit the investment world whenever you like. But if you take a "time out" from investing every time the market drops, you risk still being out of the market when it rallies – and the early stages of a rally are often when the biggest gains occur. Furthermore, if you keep investing during a "down" market, you'll be buying shares when their price has dropped, which means your dollars can go further – and you'll be following one of the basic rules of investing: "Buy low."

You can't take out all the twists and turns of the investment road, but by following the above suggestions, you can help make the ride less stressful – and possibly more rewarding.

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Mary Kaplan

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MARKET

(Continued from Page A1)

their community. Lions meet the needs of local communities and the world. The 1.35 million members of their volunteer organization in 206 countries and geographic areas are different in many ways, but share a core

belief - community is what we make it. The WOW Trail is grateful to the men and women of the Laco-nia-Gilford Lions Club who are, indeed, making a difference in the local com-munity every day.

A total of 63 granite pavers were purchased by local business, individuals and service organization as a part of the WOW Trail Phase 2 fundraising effort, raising more than \$50,000 for the WOW Trail.

READING

(Continued from Page A1)



The Gilford Library Summer Reading program kicked off with a performance by Paul Warnick. The program came to a close this week.

program had to turn in their reading logs. Maxwell said each log ac-counts for five hours of reading per participant. Around 377 logs were turned in, accounting for 1,885 total hours of reading by all the summer reading participants.

"It was really great, it was a really good program this year," Maxwell said.

The program ended the week before with a party on the Gilford Town Beach. Maxwell said the kids spent the time building a big sand castle and playing on the beach.

This Thursday kids

who did a lot of reading and met some goals received a sweet treat to wrap up the program. Kids up to fourth grade who completed six reading logs were given gift certificates for a free ice cream cone at Jordan's Ice Cream next to Fun-spot. Teens received free ice cream when they completed their list of reading goals. Maxwell and other members of the library staff were at Jordan's to give the kids their certificates and library patrons enjoyed their ice cream.

Maxwell said a number of the kids are frequent readers anyway, though for many of the

kids there were plenty of incentives to get them reading.

The finales came af-ter a summer fulled with many different popular programs and events.

"We're fortunate to be able to have such good programming," Maxwell said.

Some of this sum-mer's most popular programs were Lindsey and Her Puppet Pals, a replica of R2D2, Bob Riordan's magic show, the Lego Challenge, and many others.

"The kids were just really engaged and just able to interact with each other and be creative," Maxwell said.

SIDEWALKS

(Continued from Page A1)

might cost. Ferullo said they did not have that information now but would get professionals to look at the design and give cost estimates. Ferullo asked how the board could assist with this endeavor.

Board chair Chan Eddy suggested they get a rough estimate of how much this could cost, which Town Administrator Scott Dunn said could be done with town staff.

Eddy lives across the street from the Knowles.

"It is extremely dan-gerous; they fly down that road," Eddy said. "If you've got a walker or some disability there's no way you're getting out of the way in time."

Eddy also noted that kids walking to that area have no sidewalks when they come onto Potter Hill Road.

Roger Perry said he agreed there should be sidewalks there and it wasn't right for residents of a 72-unit prop-erty to walk in the snow.

"Sidewalks need to be built, but I don't think it should be on the backs of the taxpayers," Perry said.

Perry said Stewart Property Management should pay toward the sidewalks, especially as Gilford Village Knolls pays no property taxes. Ferullo said Stewart Management has been hired to take care of the property and has no financial interest in it.

Selectman Richard Grenier talked about

how the sidewalks on Belknap Mountain Road were the result of an effort by fifth graders at Gilford Elementary School that raised \$38,000. He suggested approaching the school board to see if a class might want to take on this project when school starts. Ferullo said this is a valid point and also said other local organizations could be a part of this effort as well. Eddy said the town did pay for some of the Belknap Mountain Road side-walk project.

Benavides suggested that they first look at cost estimates and pos-sible locations for side-walks before embarking on a fundraising project. He said if they break up the project maybe differ-ent organizations could help out with spread out costs.

"You never know who might step up to provide," Benavides said.

Ferrulo said they will

meet with Dunn to get costs and other information and Eddy advised them to go in that direction.

Ferullo asked if any fund-raising efforts fall short would it be possible for the town to contribute.

"We'd have to cross that bridge when we came to it," Benavides said.

GILFORD PD

VanStensburg said.

VanStensburg was one of five final candidates for the sergeant position and chosen after a rigorous review process.

"Sgt. VanStensburg has that police officer integrity, character, common sense, and the abilities to be articulate, confident and to communicate effectively," Bean Burpee said. "To his new position, Sgt. VanStensburg brings eight years of progressive experience, knowledge, and training. His commitment, dedication, desire, and perseverance is what has led him to where he is today."



Sgt. Adam VanStensburg shakes hands with Chief Anthony Bean Burpee after being sworn in as a sergeant.



Det. Stephen Kessler is sworn in as a member of the Gilford Police Department by Town Clerk Denise Gonyer.

ERIN PLUMMER

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SPORTS

Leaving competitors in her wake

Local wakeboarder raises funds for fight against DIPG

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Kira Livernois may only be seven years old, but she sure knows how to ride a wakeboard.

On Aug. 5 Livernois took first place in the under 12 division of the seventh annual Winniskiathon, but more importantly, she helped raise more than \$3,000 for The Cure Starts Now, an organization devoted to seeking a cure for a rare form of brain cancer found in children called Diffuse intrinsic pontine gliomas (DIPG).

"We are still collecting at this point, and some people are mailing checks, but it is definitely more than \$3,000 raised," said Kira's mother, Tracey Livernois.

The disease hits close to home in the Lakes Region, when seven-year-old John Bradley Thompson of Gilford died of DIPG on April 9, 2014, less than a year after he was diagnosed.

The Livernois family, which hails from Meredith, are friends of the Thompsons as Kira's brother Hayes and John Bradley were friends. Ironically, Hayes and John Bradley water-skied together when they were about four years old.

The Winniskiathon was created by Guy Nickerson, and was centralized out of the Win-

nipesaukee Yacht Club in Gilford. He explained that it is a throwback to the 1970s, where there were waterski marathon events on Lake Opechee and Lake Winnipesaukee. Nickerson said seven years ago, he and some friends decided to do a marathon and they had others who followed their lead.

He said Winnipesaukee Yacht Club made it a formally hosted event, and they received permits from Marine Patrol to run the marathon. This year's event attracted 14 skiers of all ages, Nickerson said, but Kira was the only one who was wakeboarding.

"It has been a lot of fun the last seven years," said Nickerson. "Each year there seems to be more interest."

Ben Topliff took first in the 28-mile run and Frank Cook was first in the 14-mile run.

This was the first time that Kira was involved, and Tracey Livernois believed she was the youngest child to take part in the event's history. She had the fourth best overall time in the 14-mile run.

Livernois said that Kira amazingly went 14 miles without falling, except for a minor hiccup at the very beginning of the race. She went from Saunders Bay to Parker Island and back. Livernois said it was



COURTESY

Kira Livernois won her division in the Winniskiathon earlier this month.

extremely choppy that day, which made herfeat even more impressive. She explained that Kira has been skiing and wakeboarding since she was three years old, and that as a family they like to waterski during the summers.

"She had a great time," Livernois said. "She enjoyed doing it and was very proud of herself. It was a huge accomplishment for a seven-year-old. It was really wavy. There were a few adults that didn't even finish. The conditions weren't ideal at all."

Livernois said that this is the first time they had their own fundraiser for The Cure Starts Now, but they have always assisted in the other events the Thompsons have put on.

money we got exceeded any goal we would have had."

DIPG is a cancer that occurs in children that affects the brain stem and the central nervous system. It has an extremely high mortality rate, and the symptoms leading to death are awful. It includes the side of the face dropping, difficulty chewing and swallowing. The tumor is inoperable and less than 10 percent of children who have it live longer than 18 months after being diagnosed.

Jesse and Alison Thompson started the New Hampshire chapter of The Cure Starts Now. They have praised the organization over the years, as they bring doctors together and force them to collaborate. It is one of the fastest growing cancer foundations in the world, and Thompson said it is great because it has brought awareness to the not often talked about disease.

Thompson also agrees with doctors who have said that a cure for DIPG could lead to the cure to other, or all, cancers. For this reason, he has called it a "homerun cure."

For more information or to donate log onto thinkjohnbradley.com.

For more information about The Cure Starts Now, log onto <https://thecurestartsn.org/>.

Register for flag football season

MEREDITH — Registration is open for the Fall 2017 season of Lakes Region Flag Football. The LRFLL is a 100 percent non-contact NFL Flag youth flag football program, and is open to all boys and girls in the

Lakes Region area in five age divisions, 6U, 8U, 10U, 12U and 15U, player's age as of Sept. 1.

The fee for the Fall 2017 season is \$75. Each player will receive an NFL Flag reversible team jersey and a set

of NFL flags to keep. Credit card payments are accepted online, and checks are also accepted. Register online at lrfll.com.

The Fall 2017 season schedule is posted at lrfll.com. Team practices for the 8U, 10U and 12U divisions are one hour per week, typically on Wednesday nights

in Meredith, while the 6U and 15U divisions practice on game days. Games are one hour long and are played primarily on Sunday afternoons at Inter-Lakes High School.

Like the league on Facebook at lakesregionflagfootball.

Questions? E-mail lrfll@metrocast.net.

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Football season kicks off for Gilford-Belmont

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD —The dog days of summer are still upon us, but there is a feeling of fall at Gilford High School practice field where the teams have already begun practicing. The first to do so was the Gilford-Belmont football team, which hopes to improve off of the dismal 1-8 season of last year.

"It's always good to start a new season, especially when last year didn't exactly pan out how we wanted," said coach Josh Marzah. "We are looking to improve in different areas of the game and get better every day."

Marzah is in his second year as head coach, after being the junior varsity coach the year prior. After Belmont and Gilford merged, the Golden Eagles made the difficult transition going from Division 3 to Division 2.

Practice for the Golden Eagles officially started on Aug. 9, but the team has had plenty of 7 on 7 drills and conditioning leading up. Practices were with just helmets and shoulder pads to start, but have since moved onto full pads. Early in the season, much of the drills are focused on fundamentals and conditioning.

"It is a lot of doing walk throughs and conditioning," said Marzah. "We have a lot of players who do two ways, so we have to make sure they are con-

ditioned enough for that. We can't hit much at the beginning obviously, but this is where we can teach things like blocking techniques."

Marzah said it is also a time where they can figure out how to get players involved where they can most help the team.

Marzah said this is a very freshman heavy team, with about 25 of the 45 players entering their first year of high school. This can be difficult due to inexperience, but also bodes well for the future of the program.

This year Marzah said there are a couple of seniors who he expects to shine for the Golden Eagles. One is a four-year starter named Ethan Orm, who plays tackle on both offense and defense. Orm is about six foot, four inches and more than 300 pounds, Marzah said, and should prove to be a force to be reckoned with.

"He is really solid on both defense and offense," said Marzah. Marzah also said a player on the rise to look out for is running back Dylan Gansert.

"Defensively he led the way, but for running back he was kind of our backup last year," said Gansert. "So while he didn't have huge stats, he definitely has the skillset to be a top player."

The Gilford-Belmont football team will kick off its season at home against Kennett on Sept. 2 at 1:30 p.m.



BOB MARTIN
The Gilford-Belmont football team began official practices last week in preparation for the upcoming season, which begins on Sept. 2 at home against Kennett.



BOB MARTIN
The Gilford-Belmont football team hopes to improve off of last year's 1-8 record.

Lakes Region United looking to expand girls' soccer opportunities

REGION — For the past 10 years, Lakes Region United Soccer Club has offered opportunities for local soccer players to join a competitive travel team and play against other clubs throughout the state. When the club was formed it consisted of a single team, but has now grown to offer opportunities for hundreds of Lakes Region players through the fall season, indoor winter training and the spring season. During fall and spring the teams play competitively in the New Hampshire Soccer League.

US Youth Soccer registrations show that there are more than three million youth soccer players across the USA, and the gen-



COURTESY PHOTO

PICTURED (l to r), Rylie Treat, Tori Ritchie and Nicole Turpin playing for LRU in spring 2017.

der split between boys and girls is very close to 50/50. Lakes Region

United is hoping to move closer to that national split and is actively looking for more girls to sign up and play. This will give the club more flexibility to offer additional single-gender teams.

Coach Steven Hep-

burn said, "we have some girls who have played really well on a co-ed team but have expressed an interest in playing on all-girl teams in the future. I would love to see Lakes Region United offer that flexi-

bility. We like to place players in the best environment for their development and having additional options can only help."

This fall, Lakes Region United is aiming to offer two girls' only teams: U15 for birth years 2003/2004 and U13 for birth years 2002/2001, along with boys' co-ed teams from U11-U15 and an Early Development Program for 6-9 year

olds. Registration for all teams is open now.

Lakes Region United is a parent and volunteer-run soccer club drawing athletes from around New Hampshire's Lakes Region, offering competitive travel soccer for boys and girls up to age 18.

For more information or to sign up, please contact info@lrusoccer.com or visit www.lrusoccer.com.

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SALT focuses on improving athletic experience at GHS

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Last week Gilford High School held its fall "Meet the Coaches" event, and one of the key aspects of the meeting was the announcement that the high school has initiated a Student Athletic Leadership Team (SALT) focused on improving the overall athletic experience in Gilford.

The team is made up of two juniors and six seniors, including secretary Lauren Dean who spoke on behalf of SALT. Tyler Hanf is the president and David Hart is

the treasurer.

Dean explained that the students went to an NHIAA student leadership conference last spring, and with ideas sparked from there as well as from Athletic Director and SALT Advisor Rick Acquilano, they decided to create SALT.

"The certain things we are trying to incorporate into our Student Athletic Leadership Team is what they talked about at the conference, but we also noticed that a lot of the students there had a leadership team already," said Dean. "We went into a

breakout room, sat down and all had the same idea to create one for our own school."

SALT is run on a four-pillar system, with the first pillar being "Leadership." The goal here is to actively engage peers and lead a path toward improving athletics at GHS. Pillar number two is "Community Service." This is focused on having each program give back to the community in one way or another throughout the school year.

The third pillar is "Healthy Choices." The focus here is to make an

impact on encouraging their peers to make good decisions around nutrition, exercising and substance misuse.

The fourth pillar is "Sportsmanship," and this is to help lead in improving the culture on the teams and at athletic events at the high school.

The group, which officially started in the spring semester, has been meeting before school at 6:45 a.m. on a bi-weekly schedule. This was just the beginning phase where the students involved would brainstorm.

"We really started from scratch with this," said Dean.

Dean explained that when Acquilano was the Belmont High School athletic director he was a big part of getting that started, and told the group comprising SALT that it was beneficial to the school's athletic program and overall school community.

"I think this is important for Gilford High School because this is

the first group of its kind," said Dean. "If we can promote what we are trying to get out effectively, we can get the word out to a lot of people. One major thing is substance misuse, and putting an end to that."

Dean said another focus has been community service, and she said this has involved creating a better connection between the high school and middle school athletic teams. She said the goal is to make the transition to high school easier, as well as having each team involved in bettering the community in a cooperative endeavor.

"Kerri helped us highlight the growing concern we have regarding substance misuse and ways to shed light influencing our young people to make healthy decisions and stay chemical free," said Acquilano.

Dean said with substance misuse, if students are caught they are taken directly out of their athletic team.

She said they are brainstorming other alternatives, such as tutoring to help them deal with issue.

"Instead of having a direct consequence, we are trying to have a way

Run Your Buns Off race set for Sept. 2

BRISTOL — When is the last time you ran your buns off? Well, this Labor Day weekend you can. Come and see what the locals and vacationers have been talking about for the last seven years.

On Saturday, Sept. 2, at 9 a.m., runners and walkers will leave from Basic Ingredients Bakery located on Route 3A in Bristol to "run their buns off" for a 4.2-mile professionally timed run/walk. The reward for the hard work is a homemade sticky bun waiting for you at the finish line.

Hosted by the Newfound Area Charitable Fund, the Run Your Buns Off race committee is excited to announce that two charitable organizations were selected, through an application process by the NACF board, as this year's beneficiaries. The Tapply Thompson Community Center (TTCC) located in Bristol has been serving thousands of area youth since 1946 with year-round after school, summer and sports programming. The TTCC's Teen Council is raising funds for a gymnasium renovation project and

they want to be sure they reach their goal so it can be ready for decades of future use.

The second beneficiary is the Day Away program, which also serves the Newfound region by providing respite for caregivers of eligible individuals through a social day care program. "This year we are honored and excited to be able to assist both the young and the not-so-young in our communities through our beneficiary selections," says Garlyn Manganiello, NACF Vice-President and co-founder of the race.

"The NACF Board is dedicated to assisting local charitable groups and causes, which promote wellness, fitness and health education, as well as activities in the Newfound region," says Audrey Goudie, NACF President. "Each year we select one or more local charities which exemplify these goals as the race's beneficiary."

Goudie continues, "Since the first Run Your Buns Off road race in 2010, we have given back over \$51,000 to worthy causes and programs in our community and that

makes us very proud."

Individual runners, walkers and teams of all ages are encouraged to participate. The top three male and female runners, as well as the fastest team will be awarded prizes and everyone has a chance to win at the huge raffle filled with goodies, including a paddleboard, donated by local businesses and beyond. Basic Ingredients bakery and gift shop items are for sale throughout the day.

Why not do your part to help support two great local causes all the while indulging in a delicious treat, having fun with family and friends and getting yourself some exercise on Labor Day weekend? The cost is \$22 per runner/walker, until day of race when the price is \$25. You can register for the Run Your Buns Off 4.2-miler online today at www.lightbox-reg.com/buns_2017.

For more information on becoming a sponsor or for registration questions, please e-mail runyourbunsoff@gmail.com and you can always stop by Basic Ingredients bakery and register in person.

MEREDITH — The fifth annual Wanakee Wilderness 5K will take place on Saturday, Aug. 19, at 9 a.m. at Wanakee, 75 Upper New Hampton Road, Meredith.

The cross country course begins at the farmhouse, then transitions to dirt paths and hiking trails that traverse the hills and fields around Wanakee, ending back in main camp. This is a hilly course that climbs over 300 feet in elevation, be sure to look around and enjoy the beautiful views.

The registration fee is \$25 for all participants who register until Aug. 18. Race day registration will be \$30. The first 150 participants who register will receive an exclusive race t-shirt. All fitness levels welcome. This event is designed for the whole

family to enjoy. Register online or by downloading a registration form at www.wanakeewilderness5k.com and mail it in with your registration fee.

Race day registration starts at 7:30 a.m. with the race beginning at 9 a.m., rain or shine. All race participants and supporters are invited to join in for the awards ceremony immediately following the finish of the race and Wanakee's annual Homecoming barbecue starting at 11:30 a.m.

In addition to the 5K, the day's events will include music, family fun, hiking, games, swimming and canoeing at



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Fit for a Cure 5K is Sept. 24

TILTON — Tanger Outlets Tilton in conjunction with Under Armour, Northeast Communications, AutoServ, Belknap Landscape Company and Laconia Daily Sun, will host the ninth annual Fit for a Cure 5K run/walk presented by Under Armour. The first 1,000 registrants will receive an Under Armour race t-shirt. All finishers will receive a commemorative participant medal and shopping discounts. Prizes will be awarded to top three male and

female winners along with division winners in each age category. There is a discounted registration fee if you register before Sept. 22.

The race takes place

Sunday, Sept. 24, at 8:30 a.m. at the Tanger Outlets at 120 Laconia Road in Tilton.

For more information or to register, visit www.tangeroutlets.com/race. If a business

or organization will have 10 or more participants, please contact Tanger General Manager Eric Proulx at eric.proulx@tangeroutlets.com for group discount information.

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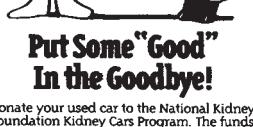
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Call 603-475-5900 or email operations@castleintheclouds.org

Delivery Driver. Littleton, NH. Local. Tuesday-Saturday. Full Time, Year Round. No CDL required. 1 year in past 3 years, or 5 years in past 10 years previous commercial driving experience required. Must pass drug test, get medical card. Lifting and carrying required. \$650/week to start training. \$725+/week upon completion.
Email name and contact info to pnd2009@roadrunner.com

Part-Time Help Wanted

Food Service Opportunity. We are looking for some folks to work part-time in our Food Service Department at Brookwoods Conference Center in Alton. Positions available for mid-week and weekends. Contact Todd at 603-875-0163 for additional details.

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Reference Librarian: Lamson Library, Plymouth State University. Temporary, part-time, non-benefited position will be open on September 1, 2017 through June 30, 2018, with possibility of renewal for next fiscal year. Approx. 4-8 hours/wk at \$20.00/hr. To include on average one 4-hour weekend shift per week.

MINIMUM QUALIFICATIONS: ALA-MLS or enrolled in accredited program; one year reference experience (preferably in an academic library); excellent oral and written communication skills; experience with electronic information sources.

Apply via e-mail to Gary McCool, Coordinator of Reference Services, Lamson Library, Plymouth State University, gmccool@plymouth.edu.

Send cover letter, résumé, contact information for 2 references. Position open until filled.

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Laconia: Beautiful 3 BR, 3 BA South Down Shore's townhouse in Colonial Hills. 1,600 sf with plenty of space for the price! Close to the marina, beach and South Down's green space along the shores of Lake Winnipesaukee.
\$189,900 MLS# 4651975

Meredith: Beautiful views of Lake Winnisquam, the Sandwich and Ossipee Mountain ranges are savored from this large 7.8 ac lot located in the waterfront community of Waldrone Bay. Secluded location yet minutes from town.
\$295,000 MLS# 4320971

Weirs Beach: Great opportunity to live and start your own business at New Hampshire's premier Weirs Beach location. Large 4 BR home can be used for rental income and a huge barn that can be used for retail, storage or other business.
\$399,900 MLS# 4649793

135 Hoyt Road Gilford: Join Gus & Carly at this Lake Winnipesaukee access 3 BR, 3 BA home on 1.57 ac. Impeccable floor plan with well appointed kitchen, ample storage, spacious rooms and gorgeous mountain views. Energy efficient and well insulated! Manicured lawns with private wooded setting.
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WOLFEBORO: Fantastic estate property on over 64 hill-top acres with a 7BR/7BA Georgian Colonial and spectacular mountain and water views. A 5-stall horse barn with tack room and hayloft completes the picture. Don't miss this one!
MARTIN HILL ROAD \$1,300,000

TUFTONBORO: Simply spectacular! Custom Lake Lodge home on beautiful Lake Winnipesaukee with 220' of wf, 2-bay boathouse, large dock & breakwater, 2 moorings, perched sandy beach, solar in-ground pool and more!
SAWYERS POINT ROAD \$3,675,000

WOLFEBORO: A private, wooded paradise offering a 3BR main house with gourmet kitchen & fireplace as well as a lovely 2BR guest house. Watch the wildlife from the large deck or take advantage of the frontage on Willey Brook.
CENTER STREET \$997,500

MEREDITH: This waterfront property has it all! Lovely Adirondack style home nestled on a tranquil, 6 acres, surrounded by stunning landscaping with unequaled water and mountain views. Endless days of fun and relaxation await!
ADVENT COVE ROAD \$3,750,000

LAND

WOLFEBORO
Nice, building lot in a great subdivision, close to town and a short walk from the beach. Enjoy privacy at the end of the road with 1.2 acres.
Applewood Drive.....\$59,000

TUFTONBORO
Imagine owning your own private cove with access to Lake Winnipesaukee too! You can with this affordable 1.32 acre parcel on the Basin.
Basin Road.....\$212,000

WOLFEBORO
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HISTORIC ESTATE in Meredith w/tremendous Mt. Chocorua views, on 7.51 acres. Originally built in 1934, exquisitely restored w/incredible attention to detail. Private setting, beautiful grounds, 5BD/5BA. Minutes to Lake Winnipesaukee.
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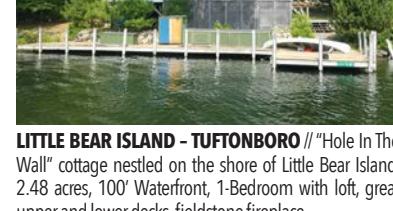
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MEREDITH // Wonderful 3 level, 2BR Townhouse in desirable Waukewan Village. This bright & spacious condo in a great location close to Rte. 93 for commuting & a great location to take advantage of Lk Winni & the shops in Meredith.
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ALTON // Chestnut Cove Road Ranch on a 1.77-acre wooded lot with a detached garage. New bamboo floor & plastered walls in living room / dining area. New kitchen cabinets & appliances.
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LITTLE BEAR ISLAND - TUFTONBORO // "Hole In The Wall" cottage nestled on the shore of Little Bear Island. 2.48 acres, 100' Waterfront, 1-Bedroom with loft, great upper and lower decks, fieldstone fireplace.
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Wolfeboro \$525,000 #4650468
Pristine three-level END unit in Pine Harbor Condo Assoc. This well-maintained condo has a master ensuite with two additional bedrooms and full bath. Located just three miles from downtown Wolfeboro.

Kathryn Aitken 603-496-5989

Meredith, \$359,900 #4648917
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Gilford, \$300,000 #4609870
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Reed Heath 603-608-6169



Laconia, \$260,000 #4516112
Sun-filled and updated home with 3 BR, 3 BA in the community of Southdown. Amenities include beaches, walking trails, docks, and more.

Susan Bradley 603-493-2873

Moultonboro, \$249,000 #4650099
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Ellen Karmen 603-986-8556



Waterville Valley \$184,000 #4617741
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Adrienne Michaud 617-827-8751

Gilford \$159,900 #4628130
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Tracie Corbett 603-387-3457

New Hampton, \$119,500 #4626942
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The Children's Center in Wolfeboro is currently seeking candidates for several positions, both full and part time. Qualified applicants will have experience working with young children in a licensed facility as well as course work in ECE. Per diem substitutes also needed.

Call Lisa or Nora for more information 569-1027 or pick up an application at the center.

EOE

NEW DURHAM BOARD OF SELECTMEN PUBLIC HEARING NOTICE

APPROPRIATION OF UNANTICIPATED FUNDS (SB38)
&
REVENUE FROM DISCONTINUANCE OF
REVALUATION CRF

Thursday, August 24, 2017

7:00pm

New Durham Town Hall – 4 Main Street, New Durham, NH.

APPROPRIATION OF UNANTICIPATED FUNDS (SB38)
The New Durham Board of Selectmen will hold a public hearing pursuant to the provisions of RSA 31:95-b, to accept \$96,699.83 as an additional apportionment from the NH Department of Transportation to be used for local road improvement projects.

REVENUE FROM DISCONTINUANCE OF REVALUATION CRF
The New Durham Board of Selectmen will hold a public hearing relative to the revenue from discontinuance of the Revaluation Capital Reserve Fund (2017).

The Select Board will be seeking public input and comments. Any interested person may attend this public hearing and present testimony related thereto.



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2017 KIA SORENTO LX AWD  <small>FREE STATE OIL CHANGES INSPECTIONS FOR LIFE!*</small>	MSRP \$31,530 AutoServ -\$920 Customer Cash Rebate -\$3000 #KT7280 SAVE UP TO \$3,920 Buy For \$27,610* SIGN IT & DRIVE IT LEASE \$315 /36 MO* ZERO DOWN!

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