



THURSDAY, JULY 28, 2016

GILFORD, N.H. - FREE

Ruggles leaving as finance director

BY ERIN PLUMMER
eplummer@salmonpress.com

Gilford's Finance Director, Geoff Ruggles, will be taking a new job in another town, though he will still be living in Gilford staying involved in the community.

Starting Aug. 1, Ruggles will be the finance director for the town of Bow. He said he first saw the ad on the Government Finance Officers Association's list-serv. Ruggles said he was already familiar with the town, he used to work for MuniSmart and the town was one of their clients.

"I knew the town manager from previous jobs, and I said,

"Huh, that might be a nice place to work," Ruggles said.

He submitted an application and went through two interviews, a process that took around a month.

Ruggles has officially lived in Gilford for 29 years after a few years of going back and forth. He was the town financial director for a time in the 1990's before taking a job in the private sector. He has been the finance director of Gilford for the past eight years.

While he will be working in Bow, Ruggles said he still plans to live in Gilford.

"I'm not planning on moving anytime soon,"



FILE PHOTO
Geoff Ruggles will be leaving as Gilford's town's finance director for a job in Bow. He will be staying on as the town crier.

Ruggles said.

Going to Bow will be a 40-minute commute, which Ruggles said he won't mind. He used to work in Pembroke and made a similar commute.

Ruggles said he still plans to put on the costume and act as town crier for events such as Old Home Day. He will still be involved in the Thompson-Ames Historical Society and any other opportunity for local service that might come around.

Ruggles said he is still on good terms with the selectmen and other town officials and employees. He said a lot of people have been saying "good luck."

"People have been very supportive, makes it even harder to leave," Ruggles said.

He said he will especially miss the people he worked with.

"I've always worked with a lot of good people," Ruggles said. "The people here are a little bit more special than any place else I've

worked before."

Bow has a population of around 8,000 people and a budget of around \$15 million, slightly larger on both fronts than Gilford. Ruggles said he looks forward to having new and different challenges in his new position.

"I like a good challenge, I like variety," Ruggles said. "That's what I'm looking forward to initially."

Gilford is seeking applications for a new finance director until July 30. Ruggles will be in his new position by the time the hiring process continues, but he said he told the staff they are free to contact him during the process to ask questions. He will also be available in the same way for his successor to ask any questions.

Applications for the new town finance director are open until this Friday, July 29. For more information and an application, visit www.gilfordnh.org.

UMC auction set for Aug. 3

The First United Methodist Church is pleased to announce the 19th Annual Auction will be taking place on Wednesday, Aug. 3. There will be an opportunity for viewing live auction items and a silent auction and flea market beginning at 5:30 p.m. The Live Auction begins at 6:30 p.m. with auctioneer, Jerry Love.

The auction will include some wonderful local and regional gift certificates including restaurants, services, and attractions in NH and Massachusetts. The auction this year will have lots of great furnishings, a Newport vacation, some sporting goods, antiques



COURTESY
Georgia Sauter, Sharon Walden, Paul Weston and Vickie Wood Parrish view just a very few of the items that will be auctioned on Aug. 3.

and more. A light supper will be available. The live auction will start at 6:30 p.m.

This is an important fundraiser that ben-

efits the church missions and outreach. Please come and plan to have some fun with us at the First United Methodist Church, 18

Wesley Way (off Route 11A) near the Route 3 bypass in Gilford. For more information, call the church office at 524-3289.

Town beach closes for a few days after high bacteria found

BY ERIN PLUMMER
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High levels of bacteria closed the Gilford Town Beach for a nearly 48 hour period, though after more favorable test results the beach is now open and safe for use.

The town beach was closed Wednesday through Friday afternoon after testing by the state indicated higher levels of E.coli bacteria.

Parks and Recreation director Herb Greene said water at the Gilford town beach is tested by the state as part of a regular testing program. The state will test the water a minimum of three times a year, more if any problems are discovered.

Greene said the department was notified by the state that a high level of E. coli fecal bacteria had been found at the Gilford beach. Greene said as soon as they received the notice they cleared the water and posted the beach as closed.

Testing was done again on Thursday. Results came in on Friday that the levels

were much lower and the beach reopened later that afternoon.

"We don't reopen

until we get notification from the state we've tested clear with-

SEE **BEACH** PAGE A8

Fun and learning at Teen Tech Camp

BY ERIN PLUMMER
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Using drones to take pictures, drawing on an electronic tablet, and making 3D items with a special pen were just some of the ways teens explored technology during the Gilford Public Library's Teen Tech Camp.

From for three hours a day from Tuesday through Thursday, youths from fifth graders to high school seniors played with some fun innovations while learning about many different topics in technology. A maximum of 15 could sign up for the program, which cost \$15 for materials.

"We're talking about all sorts of technological issues, new and emerging technology," said teen librarian Mark Thomas.

The teens made



ERIN PLUMMER
Morgan Ashworth of North Attleboro, Mass., uses a 3D pen during Teen Tech Camp.

their own items with 3D pens, learned how to make art on a drawing tablet, learned how to create their own videos, built machines with Snap Circuits, and learned to take photos from a camera perched on a drone. They also learned and talked about a number of in depth issues and topics related to

technology. Thomas said they spent a good amount of time talking about the technological content they consume, including what makes a good YouTube video and how they could make their own video to post online.

The group also talked about a number of technology related issues

SEE **TECH CAMP** PAGE A8

Grenier speaks about fire boat frustrations at Portsmouth council meeting

BY ERIN PLUMMER
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Gilford's board of selectmen chair visited the Portsmouth city council to express the town's frustrations over the procedures that lead to the town gaining and then losing the city's old fire boat.

During the July 13 selectmen's meeting, board chair Richard Grenier reported that he spoke during the public comment segment of the city council meeting two days earlier, on July 11. He spoke for the allotted two minutes and received no response as the floor went to other speakers.

Earlier this year, Portsmouth Fire Chief Steven Achilles had approached Gilford fire chief Steve Carrier about the town possibly receiving the city's fire boat. The boat, which cost around \$350,000 and was received through a Homeland Security grant, was deemed to not be the right boat for the city. Gilford officials said the boat's larger size and increased pumping capacity among other elements would make it an ideal replacement for the current boat.

In April, the Portsmouth city council voted to give its fire boat to Gilford and the board of selectmen unanimously ap-

proved its acceptance, though the process was never finalized. In May, Carrier reported to the selectmen he learned from Achilles that the city council had reconsidered the decision and granted the boat to New Castle. Grenier asked for permission from the rest of the board to speak to both the Portsmouth city council about this matter as well as the New Castle board of selectmen, receiving consensus approval.

At the July 13 selectmen's meeting, Grenier reported to the board that he went to the Portsmouth city council at its meeting that Monday accompanied by Town Administrator Scott Dunn.

Grenier said he was number eight of 21 who signed up to speak and everyone was given two minutes. He introduced himself as a Gilford resident and the chair of the board of selectmen as well as introducing Dunn who he said "his sole purpose was to drag me away from the podium if need be."

"I said I'm not here to talk you out of giving the fire boat to New Castle," Grenier reported. "I said that's a done deal the boat was yours to do with it as you see fit."

Grenier did express frustration with three

SEE **FIRE BOAT** PAGE A8

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

I looked him in the eyes while his tongue lolled out of his mouth. He was drooling and panting. He was revolting, actually, his whole body slick with sweat, chest heaving. In that dog's eyes, I saw a reflection of myself—haggard, hot, panting, and sweating, surviving the dog days of summer.

To survive the ceaseless malice of the sun, we need coping mechanisms like shade and books. Chilling books. Several thriller and horror books have come out recently, so grab one if you need a summer read.

Megan Miranda wrote "All the Missing Girls," a story about two women who go missing ten years apart. Eerily, the story is told backwards from 'day 15 to day 1' and that conceit is well executed. Paul Tremblay's "Disappearance at Devil's Rock" is another story of disappearance, this time of a 13 year old boy, but it has a more supernatural feel. As the boy's mother tries to cope with his sudden ab-

sence, she learns the haunting story about the circumstances of his disappearance, and is filled with dread to see that the story didn't end on that day. "Hidden Bodies" by Caroline Kepnes is less about victims than it is about a man who has victims in his past. As he tries to make a new life, the bodies that he hid threaten to ruin that prospect, and his old habits may return. With any luck these chilling books of death will keep you alive in this heat.

Several police procedurals have been coming out with their own take on chilling. Cara Black's "Murder on the Quai" has to do with a young medical student as she starts to help her father solve a murder investigation. Set in France around the fall of the Berlin Wall, the budding investigator starts to take investigation more seriously than faltering medical school prospects. David Swinson's "The Second Girl" is a grittier procedural with a protagonist that is more anti-hero than hero. Riddled with short-comings, he

doubts himself as he is pushed into investigating not one, but two kidnapped girl cases. The very popular "Among the Wicked" by Linda Castillo is an unorthodox story of a detective who goes undercover among a reclusive and tight-lipped Amish community to uncover the truth about a young girl's death and rumors about other children in danger. Of course, as the truth comes out, she ends up in more danger than she could have known.

If you have a supernatural power of your own to help you withstand the burning heat or if thrillers and crime fiction simply aren't your thing, then look to some other new releases from hit authors. Readers have been raving about Anne Tyler's "Vinegar Girl," which is a reimagined take on Shakespeare's "The Taming of the Shrew." Eric Lustbader put out another book in Robert Lud-

lum's Bourne series called "The Bourne Enigma." Some others include: "Britt-Marie Was Here" by Fredrik Backman, "Here Comes the Sun" by Nicole Dennis-Benn, "Foreign Agent" by Brad Thor, "Night and Day" by Iris Johanson, "First Comes Love" by Emily Giffin, "Falling" by Jane Green, and "Daughters of the Bride" by Susan Mallery. These are just a sampling of some of the new books we've gotten in this summer. Just goes to show how cool the library is (seriously the building has AC) so stop by when you are feeling like a dog.

Classes & Special Events

July 28 to Aug. 3

Thursday, July 28

Open Painting at the Library, 1:30-3:30 p.m.

Flamenco With Kids! 3-4 p.m.

Children are invited to see a presentation of flamenco dance and

music performed by El Arte Flamenco! Children will get to learn the history and will participate in the vibrant music and dance with Gladys Clausen (Isabel Rios).

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

Flamenco Dancing, 6:30-7:30 p.m.

Come see the beautiful art of flamenco dancing! El Arte Flamenco will be here to a lecture demonstration that describes the origins and history of flamenco and Andalusian Folklore, dances performed by Gladys Clausen (Isabel Rios), a live guitarist and a chance for audience participation.

Friday, July 29

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

Book Bonanza, 1-3 p.m.

The Library will be hosting a Book Bonanza for teens! Book talks, reading challenges, Library Olympics, board games, Magic The Gathering, and snacks: a Book

Bonanza is a taste of everything the library has to offer for teens and middle-schoolers! Open to Grades 5-8.

Knit Wits, 1:30-2:30 p.m.

Conversational German Class, 2:30-3:30 p.m.

Monday, Aug. 1
Mahjong, 12:30-3 p.m.

Evening Line Dancing, 4-6 p.m.

End your day with Bonnie Deutch, and perfect some smooth moves - beginners and those who have never line danced before are encouraged to come at 4 p.m. as the skill level will increase as the evening goes on. Beginners will dance 4-4:40 p.m., and more experienced dancers will dance from 4:50 to 6 p.m.

Book Bites Cookbook Club, 5-6 p.m.

Join us for a cooking demonstration and discussion! Each month the recipes and demonstration will have a different theme. August's SEE LIBRARY PAGE A13

Gilford Public Library Top Ten Requests

1. "Me Before You" by Jojo Moyes
2. "The Obsession" by Nora Roberts
3. "The Games" by James Patterson
4. "The Black Widow" by Daniel Silva
5. "Before the Fall" by Noah Hawley
6. "The Island House" by Nancy Thayer
7. "Here's To Us" by Elin Hilderbrand
8. "The Girls" by Emma Cline
9. "After You" by Jojo Moyes
10. "Lilac Girls" by Martha Hall Kelly

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GILFORD POLICE LOG

The Gilford Police Department responded to 279 calls for service and made the following arrests during the week of July 18-26. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally arrested, have been withheld.

Christopher J. Daddio, age 23, of Franklin was arrested on July 20 for Driving After Revocation or Suspension. Fenno S. Engel, age 29, of Northfield was arrested during the same traffic stop in connection with an outstanding warrant. Felisha Dion, age 27,

of Franklin was arrested on July 20 in connection with an outstanding bench warrant.

Jeffrey Mark Goodale, age 34, of Gilford was arrested on July 21 for Default or Breach of Bail Conditions.

Dwayne A. Crooker, age 28, of Gilford was arrested on July 21 for Driving After Revocation or Suspension.

A 34-year-old male from Concord was taken into protective custody for intoxication on July 22.

A 45-year-old male from Gilford was taken into protective custody for intoxication on July

22.

A 44-year-old male from Nashua was taken into protective custody for intoxication on July 22.

A 21-year-old from Meredith and a 24-year-old from Moultonborough were taken into protective custody for intoxication on July 22.

A 32-year-old male from Seabrook was taken into protective custody for intoxication on July 22.

Duggan M. Delano, age 20, of Billerica, Mass.; Jillian M. Santini, age 20, of Wilmington, Mass.; Kaila R. Sullivan, age 20, of Burlington, Mass.; Macie Dwyer, age 19, of Marshfield, Mass.; Sean W. Mcelhinney, age 20, of Woburn, Mass.; Corey Ward, age 20, of Westfield, Mass.; Anthony J. Ciulla, age 20, of

Braintree, Mass.; Mark A. Eringis, age 20, of Stoneham, Mass.; Thomas J. Clair, age 20, of Woburn, Mass.; Nolan S. Delano, age 18, of Billerica, Mass.; Christian R. Georges, age 19, of Stoneham, Mass.; Brendan B. Siris, age 20, of Dudley, Mass.; Conor M. Leary, age 21, of Boston, Mass.; and Mathew G. Martel, age 20, of Medford, Mass. were arrested on July 23 for Unlawful Possession of Alcohol. Martel was also charged with Facilitating a Drug or Underage Alcohol House Party.

A 52-year-old male from Gilford was taken into protective custody for intoxication on July 24.

Michael Louis Hann, age 51, of Laconia was arrested on July 25 as a Habitual Offender.

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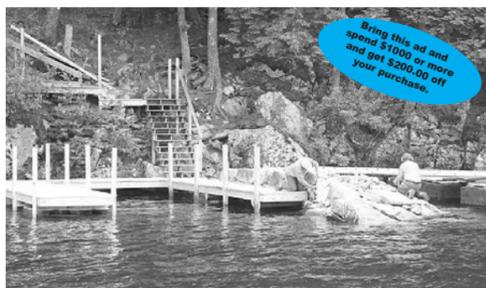
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Awards and elections for Opechee Garden Club

Opechee Garden Club Co-President, Audris Clark, recently welcomed club members attending the Annual Meeting and Luncheon in June, hosted by the Executive Board, at the Gilford Community Church, in Gilford. A delicious luncheon was provided by local caterer, Eloise Post, of Laconia.

While club members enjoyed the wonderful lunch, guest speakers, Lisa Charest and Rick Hochsung, from Summit Health, on Old Lakeshore Road, in Gilford, offered a most informative pre-

sentation on body mechanics in gardening, the use of ergonomic garden tools, and a demonstration of various exercises that may help eliminate, or lessen muscle or tendon cramping as we toil in our gardens. The program ended with a drawing for several ergonomic tools, and a gift card from Agway in Belmont.

It was announced that Opechee Garden Club received several awards at the New Hampshire Federation of Garden Clubs' 83rd Annual Meeting and Luncheon, this year held on May 25 at the



Opechee Garden Club's 2016 Orchid Award recipient, Sandy Gove, is shown with the beautiful crystal vase, created by Pepi Herrmann, and a lovely orchid plant. Her exemplary service to the club over a significant period of time won her this prestigious honor.

Manchester Country Club, in Bedford. The Opechee Garden Club Scrapbook, a chronological record of the club's activities, programs, field trips, and other events, took First Place in the Large Club Division. Two First Place awards were won by the club's Publicity/Press Book, a chronological collection of all published press releases, and evidence of any form of advertising issued from the club. One winning award came from the New Hampshire Federation of Garden Clubs, and the other First Place came from the New England Region of the National Garden Clubs. The final award was based on the nomination of an individual from the Opechee Garden Club to the New Hampshire Federation of Garden Clubs to award the Silver Seal Citation to Marge Dyer, in recognition of her contributions and service to the Opechee Garden Club.

The newest and most prestigious award, the Orchid Award, begun in 2014, is an Opechee Garden Club award given annually to a member of the club for exemplary service over a significant period of time. The actual award is a large cut crystal vase, created by Gilford's own Pepi Herrmann, and is passed from recipient to recipient each year. To keep

everyone guessing, the name of the winner is kept secret from all except the Co-Presidents, and is announced at the Annual Meeting and Luncheon held in June. The 2016 recipient is Sandy Gove, who has been a club member since 2001.

During Sandy's tenure with Opechee Garden Club her activities and accomplishments have been many and varied: she Co-Chaired Garden Tours, and offered her own gardens for the tours; introduced the "Art In Bloom" event, then Chaired, or co-Chaired it for several years; introduced the "Homes For The Holidays Tour" fundraiser, Co-Chairing it in the first year; was Chair of several of the Civic/Communi-

SEE GARDEN PAGE A13

20 contestants seek titles of Miss Lakes Region, Outstanding Teen at Gilford Youth Center Saturday

GILFORD — A field of 20 talented and intelligent young women and teens will be seeking the titles of Miss Lakes Region 2017 and Miss Lakes Region's Outstanding Teen 2017 in a very exciting evening of competition on Saturday, July 30 at 6 p.m. at the Gilford Youth Center in Gilford. Miss Lakes Region 2016, Kylee-Anne Drew, will crown the next Miss Lakes Region 2017 as well as the new Miss Lakes Region Outstanding Teen 2017. There will also be special performances by Kylee-Anne and the current Miss New Hampshire 2016, Caroline Carter.

Audra Paquette Burns, Miss New Hampshire 2005 and former Miss Lakes Region 2004, will serve as emcee for the pageant. Christy Dunn, Miss New Hampshire USA 2009 and a former Miss New Hampshire Local Title Holder, will head choreography. Christy is the owner of Broadway North School of Performing Arts in Belmont.

The programs are official preliminaries to the Miss New Hampshire Scholarship Program and the Miss New Hampshire Outstanding Teen Program. The winners of Saturday night's program

will go on to take part in their state programs in April and February 2017 respectively, held in Derry.

Miss Contestants include:

Isabella Baer of Portsmouth, 17, a student at Portsmouth High School;

Ciara Ferland of Littleton, 19, a student at Nichols College;

Brooke Gatchell of Epping, 20, a student at the Thompson School at the University of New Hampshire;

Shawna Gile of Derry, 18, a student at Bishop's University;

Elizabeth Henry of Durham, 17, a student at Portsmouth Christian Academy;

Ashley Marsh of Laconia, 21, a student at Plymouth State University;

Kaley Missert of Windham, 18, a student at the University of Rhode Island;

Arianna Nelson of Hooksett, 19, a student at the University of Maine-Orono;

Laura Patnaude of Merrimack, 23, a graduate of Towson University;

Kaitlin Soucy of Manchester, 18, a student at Manchester High School West;

Brittany Sulham of Bethlehem, 20, a student at White Mountain Community Col-

lege; Emilie Tonucci of Merrimack, 17, a student at Wentworth Institute of Technology; and Emily Vandeboncoeur of Raymond, 19, a student at Southern New Hampshire University.

Outstanding Teen Contestants include:

Nicole Bahder of Gilford is a student at Gilford Middle School;

Paige Helmig of Candia is a student at Henry Moore School;

Grace Henry of Durham is a student at Oyster River High School;

Sophia Joyal of Laconia is a student at Laconia High School;

Emma Keenan of Laconia is a student at Laconia Middle School;

Emma Miner of Merrimack is a student

at Merrimack High School; and

Kelsie Poulton of Littleton is a student at Daisy Bronson Middle School.

Miss and Teen Contestants will be judged in five and four areas of competition, respectively. Miss contestants will be judged in Private Interview, Talent, Lifestyle and Fitness in Swimsuit, Evening Wear, and Onstage Question. Teen contestants will be judged in Private Interview, Talent, Lifestyle and Fitness in Sportswear, Evening Wear/ Onstage Question.

Doors open at 5:30 p.m., and the program start at 6 p.m. Admission for the program is \$12 for all seats/all ages. For more information, please call 267-5311.

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Pet of the Week: Sweetie Pie & Sugar Baby



These two little pip-squeaks, Sugar Baby and Sweetie Pie mother/daughter, have travelled far indeed always together in search of a loving home.

They are Southern Belles who now find themselves enjoying the northeast, where dogs are assured a pretty good life, lots of liberty and the pursuit of supreme happiness.

We don't want to split them up. It's true, some of the time Sweetie Pie looks at her daughter Sugar Baby and wonders how much longer she has to be the lead dog, since she would love to receive ALL available hugs and cuddle time. Meanwhile the

younger, more vigorous Sugar Baby is very involved playing with a plethora of squeaky toys, always checking back to make sure Mummy is close by.

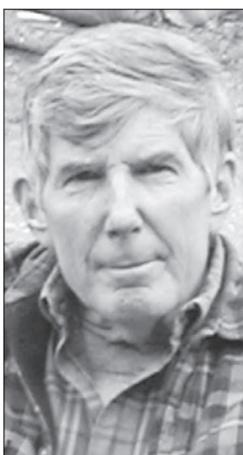
They truly are a bonded pair and should sprint forward together with updated resumes courtesy of New Hampshire Humane Society – on their next important adventure – a permanent home!

Two little Rat Terrier types, who collectively weight not more than one regular sized dog can't be that much more to assimilate into your home. They are quite the jaunty couple together.

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By JOHN HARRIGAN
COLUMNIST

One of the things I dislike about the media is that they often do not follow up on a hot story. The ocean liner that crashed into terra firma off a Greek island in 2007 when the captain allegedly was showing off for friends ashore, for instance. The last word we had was that salvagers were righting the ship to search for missing passengers.

(This decidedly did not happen, and lots of YouTube offerings showed the ship going belly-up. She was nudged into deeper water and slid stern-first into a caldera.)

Well, for many weeks now, I've had a reminder on my desk to follow up on the big (to us) meteor near-miss (my term) that occurred on May 17, and produced sonic booms all over northern Maine and New Hampshire and blew up (space cadets prefer "disintegrated") just north of Rangeley, Maine (for the map-challenged, that's about 200 miles northeast of Manchester, 50 miles or so north of North Conway and 25 miles north (true or not) of Berlin. Also, it's about 15 air miles from my camp, which doesn't matter, because I never say where my camp is, except "in the middle of nowhere."



The May 17 manifestation of a visitor from space caused this flash over Portsmouth harbor, an episode captured by surveillance cameras throughout the region.

I happened to be up on the night of May 16 and for a little while into the wee hours of May 17, and I wondered why my mighty dog Millie (a) growled at seemingly nothing, and then (b) cowered under my feet, as she does during thunder, which she is sure represents gods marching to smite her, and then there was this flash and a big thunder-like rumble, and then nothing.

The world as we know it knew the next morning that a piece of real estate the size of an SUV when it entered the atmosphere at five miles per second, and about the size of a big beach ball when it disintegrated (went "kaboom" to us laymen) north of Rangeley, was about 22 miles up when it exploded and rained its fragments onto a territory half the size of the District of Columbia, or maybe Delaware.

I called the Maine Mineral and Gem Museum in Bethel, Maine, a couple of days later and asked if any of the flocks of ground-searchers the radio stations and local press had had so much

fun talking about ("Meteorite Geeks Swarm from All Over") had found any bits of the meteor that never quite became an "ite." The response was "Nope." The Museum had offered a \$20,000 reward for anyone who turned up with a piece of the "ite" weighing 2.2 pounds.

So as a dutiful media guy doing the unthinkable, an actual update, I called them on July 20, a bit more than two months after the grand celestial event, and the response was the same--"Nope." There was a heavy pause there (it was me, waiting for perhaps more). "We're sort of waiting until hunting season, when so many people are going to be around their camps and in the woods," said Anne Marie, who described herself as keeper of the house at the museum.

An interpretation of this is that people who long for a piece of this errant rock hope that hunters, breaking their camps open for the season, will glance skyward to perceive a hole in the roof. They then would presumably tear their camp apart to find what

made the hole. That, or a hole in a boat or canoe, if you think about it, would be about the only chance of finding a piece of the rock. This is why finding meteorites is a lot more likely in, say, mid-March, on a lake where there's four feet of ice. It is also why the polar caps are such great places for finding meteorites.

One of the media's jobs is putting things in perspective, so I've been wondering from the start (a) how unusual this kind of thing is--a near-miss and all, by a thing the size of a Lincoln Navigator-- and (b) what if it had not entered the atmosphere at such an oblique angle and burned up, but had instead come down directly over, say, (pick a Maine or New Hampshire border town you don't like).

Mike Hankey, operations manager at the American Meteor Society, directed me to its web site (easy to Google), where I found out that what he told me was true, which was that this kind of thing happens somewhere on the planet. SEE NOTEBOOK PAGE A13

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Thoughts from the Thrift Shop

News from the Gilmanton Community Church Thrift Shop and Food Pantry

All the volunteers at the Gilmanton Food Pantry extend a big thank you to everyone who stopped by and purchased items at our recent yard sale. Thanks to all of you, we had a very successful event.

The beginning of the school year is right around the corner, and the Gilmanton Food Pantry will again provide "Back To School Kits" to Gilmanton school children in need.

As a result, we are

collecting the following supplies. Backpacks (K-High School), scientific calculators, 1 inch 3-ring binders, jumbo glue sticks, graph paper, index cards, colored pencils, 1 & 3 subject notebooks, book covers, #2 pencils, crayons, rulers, fine & broad tip washable markers, etc.

If you would like to donate a complete School Kit for a certain grade level, or want more information about additional supplies needed, please

contact Beth Lavin at 267-1934 for more details.

Drop off locations include The Gilmanton School Office at the Elementary School on Route 140; Gilmanton Town Hall at the Academy Building; Gilmanton Corner Church; as well as the Food Pantry during normal hours. We need to receive donations by Aug. 7. Your help and assistance with this worthwhile project is most appreciated.

Thank you for helping us to help the children.

The Thrift Shop sale for the month of August is our popular \$5 bag sale. Great time to stock up on back to school clothes and other items.

Gilmanton Food Pantry & Thrift Shop is an outreach program of the Gilmanton Community Church and we can always use help. If you would be

interested in donating a couple of hours a week or a month, please contact Barbara Reed at 556-9449. We especially need help on Wednesday afternoons from 3 - 6 p.m., as well as Saturday afternoons from noon - 2 p.m.

Visit us on Facebook at: www.facebook.com/GilmantonCommunityChurch

Hours: Monday, 1-4 pm, Wednesday, 3-6 pm and Saturday, 10 a.m.-2 p.m.

Telephone: 364-0114.

Location: 1817 Route 140, Gilmanton Iron Works.

Parking & Entrance: Gilmanton Community Church Parking Lot. Look for a sign that says Harvest Bible Church, Gilmanton Community Church and GCC Food Pantry & Thrift Shop.

Mailing Address: Post Office Box 16, Gilmanton, N.H. 03237.

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We're looking forward to hearing from you!

Guest directors for fourth Gilford Community Band concert

The fourth Gilford Community Band Concert on Wednesday, Aug. 3, promises to be memorable as Director Lyvie Beyrent will temporarily cede her position to three guest directors. The concert will commence at

7:30 p.m. at the Weeks Bandstand in Gilford Village. In case of rain, the location will be at the Gilford High School Performing Arts Center.

Guest directors will be Heidi Welch, Danielle Janos, and

Katie McCutcheon. Heidi is presently the Instrumental Director at Hillsboro-Deering High School in Hillsboro; and was the New Hampshire Teacher of the Year. Her enthusiastic teaching is reflected in her enthu-

siastic directing! Danielle and Katie are both former students at Gilford High School, participants in the New England Orchestral Festival, and are now third year music majors at U.N.H. They are also passionate about

their music, and look forward to being music teachers. Meanwhile, Lyvie is taking a two week hiatus at an education convention in Jamaica (just south of Cuba). No, she has assured everyone that it is not a vacation! We will determine that by her tan!

Music selections range from the "Star Spangled Banner" to the "Themes from Jurassic Park". Another selection is the "Valdres March", which was composed originally by Johannes Hanssen in 1904 in honor of the mountain beauty of his country, Norway. The Norwegian word "val" means "mountainous plain" and "dres" means "forest pasture" or alternately the "valley of the pasture in the forest". The "Battle Pavana" was originally a Renaissance dance music composed by Tiel-

man Susato in 1551. It begins with a quiet sustained melody and ends with an accented trumpet fanfare. The "Officer of the Day March" was composed by Bangor, Maine, Director Robert Brown Hall (1858-1907). It is a toe tapping march! R.B. Hall is so honored in Maine that the last Saturday in June is "R.B. Hall Day." All the Maine community bands perform some of his music on that Saturday - quite a honor!

The Gilford Community Band is always accepting new musicians of all ages and experiences. Presently ages range from fifth grade to senior citizens. Rehearsals are on every Tuesday at 7 p.m. in the band room at Gilford High School. Remaining concerts are on Wednesday, Aug. 17, and at the Gilford Home Day on Saturday, Aug. 27.

Award Winners for Lakes Region Art Association 76th Annual member Art Show & Sale announced

MEREDITH — The Lakes Region Art Association announced the award winners for its 76th Annual Art Show & Sale, which for the third year was held at VynnArt Gallery, Meredith. Fifty-three members participated in the show for a total of ninety-four pieces.

The artwork was judged by Sarah Chaffee, Gallery Director, McGowan Fine Art, Concord; Brian

Chu, Professor of Art, University of New Hampshire, Durham; and Edward Engler, Mayor of Laconia.

Special award winners

Meredith resident Anne Stevenson's piece "Meredith Bay Colony Club" won Best in Show and First Place in the Watercolor Category. Betsy Moser's Painting "Look to the Mountain" won the Loren Percy Award for a New England Oil Landscape.

Other award winners

The other award



COURTESY

2016 Lakes Region Art Association 76th Annual Art Show Winners - Kneeling: Anne Stevenson, Kimberly JB Smith, Sharon Zimmermann. Standing: Ed Rushbrook, Nancy Rand, Robert DiMario, Christa Faller, Robert Emory, Martha Webster, Irene Goddu, BJ Eckardt, Wendy Wilson, Jean Kennedy, Martha Swanson-Webber, Marilee Sundius, Betsy Moser, Jacqueline Sandstrom, Scott Hayes. (Not Pictured: Dottie Laughlin, Kevin Roy, Joanne Reynolds, Amber Mitchell.)

winners in this popular event are: Oils: 1st Place, Dottie Laughlin; 2nd Place, BJ Eckardt; 3rd Place, Kevin Roy; Acrylics: 1st Place, Robert Emory; 2nd Place, Martha Webster; 3rd Place, Martha Swanson Webber; Watercolor: 1st Place, Anne Stevenson; 2nd Place, Irene Goddu; 3rd Place, Joanne Reynolds; Mixed Media: 1st Place, Wendy Wilson; 2nd Place, Sharon Zim-

mermann; 3rd Place, Scott Hayes; Drawing: 1st Place, Marilee Sundius, 2nd Place, Christa Faller; Photography: 1st Place, Phyllis Meinke; 2nd Place, Amber Mitchell; 3rd Place, Nancy Rand; Pastel: 1st Place Ed Rushbrook; Sculpture: 1st Place, Kimberly JB Smith; 2nd Place, Jacqueline Sandstrom; 3rd Place, Robert DeMario; Printmaking: 1st Place Jacqueline Sandstrom,

The winners are a dynamic mix of amateur and professional artists including full-time and seasonal residents.

The VynnArt Gallery, where the show is held is centrally located on Main Street in Meredith, just above the Mill Falls Marketplace. The show opened on July 22 and runs until Sunday, Aug. 14. The hours are 10 to 6 daily, except on Aug. 14, the hours will be 10 a.m. to 4 p.m. For more information, go to www.lraanh.org.

Art Association marks 76 years

This year marks the seventy-sixth year that the Lakes Region Art Association has been promoting the efforts of artists and the arts in the Lakes Region. Founded in 1940, by five individuals as the Laconia Art Association, the Association is a non-profit educational and cultural organization. It provides a supportive and educational forum for local artists of all skill sets.

SEE ART SHOW PAGE A13

Gilmanton Year-Round Library featuring the art of Matthew Nighswander

GILMANTON — The Gilmanton Year-Round Library is currently hosting the works of photo-artist Matthew Nighswander. Two series of his works, entitled "Dark Country Road" and "Tarnworth," are now on display. These photos depict memories of Nighswander's youth growing up in Gilmanton and New Hampshire.

Nighswander is a graduate of Gilmanton

Elementary School and Gilford High School, receiving his M.F.A. in photography from Columbia College Chicago.

Solo exhibits of his work have appeared at the Center for Fine Art Photography in Fort Collins, Colo. and the Pictura Gallery in Bloomington, IN. His works have also appeared in many publications, including the British Journal of Photography and the New York Times.

"Sparkle Spa, The Musical" at Interlakes Children's Theatre

MEREDITH — Interlakes Children's Theatre is presenting the all-new, completely original "Sparkle Spa, The Musical" at Inter-Lakes Auditorium, One Laker Lane, Meredith, July 30 through Aug. 1.

The show is based on the popular Sparkle Spa book series by Jill Santopolo. Aly and Brooke Tanner are ready to em-

brace their roles as the sparkliest girls at Auden Elementary and beat the boys in Auden's annual Fall Carnival Competition. But as the girls fall behind the boys in the competition, Aly is faced with a decision: Risk her sparkly status and take a chance on Suzy, the school weirdo, or let the boys beat the girls for sure. An exuberant



COURTESY

From left to right, top to bottom: Logan Connelly of Laconia, Maya Yelle of Munich, Lea Grizzell of Sandwich, Skyler Alexander of Grafton, Maggie Godsoe of Holderness, Ayden Kutuk of Gilmanton, Reggie Ghorieshi of Center Ossipee, Laryssa Humphrey of Franklin, Abby Bryant of Moultonborough, Hale Kutuk of Gilmanton, and Ashlee Coogan of Meredith perform in the premiere production of the new musical "Sparkle Spa!" at the Interlakes Children's Theatre July 30, 31, Aug. 1. For tickets and information, call 707-6035. All tickets \$10.

show that celebrates the sparkle-and weirdness-

in all of us! The show will be performed by talented tweens and teens from the area on Friday, July 30, Saturday July 31 and Sunday August 1 at 11 am. Following each performance is a fantastic spa event where nails will be painted and temporary tattoos and hair pizzazz applied! Don't miss out on the fun! The show is \$10 and the spa event is \$5. Call the box office at 707-6035 or visit our Web site, www.interlakeschildrenstheatre.org, to reserve your seats today.

Interlakes Children's Theatre (ICT) is the new incarnation of the Interlakes Summer Theatre junior intern program - this time as a non-profit! ICT is established to develop the creativity and talent of the local teens and tweens in an integrated theatre arts education program. It will foster social inter-

SEE SPARKLE PAGE A13



COURTESY

Sitting: Shela Cunningham, Marilee Sundius, Phyllis Meinke, Christa Faller. Standing: Barbara McClintock, Sally Hibberd, Pat Anderson, Jean Kennedy, BJ Eckardt, Christine Fogg, Marlene Witham, Nancy Rand.

Lakes Region Art Association names Artists of the Month

The Lakes Region Art Association announces the artists selected for this month's popular Artists of the Month Program. As the Association draws from the entire Lakes Region, this program is aimed at promoting the Association and its members' work

across the entire region.

Each month, a jury selects from submissions by member artists to be featured at various businesses in the Lakes Region. These original pieces can be oil or acrylic, watercolor, pastel, photo or collage.

SEE ARTISTS PAGE A13

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Harry M. Daw, 81

LACONIA — Harry M. "Buddy" Daw, 81, of 25 Kinsman Drive, died Tuesday, July 19, 2016 at Ledgeview, the Taylor Community.

He was born on June 5, 1935 in Lowell, Mass., the son of the late Harry and Jane (Connolly) Daw. Buddy served in the US Army. He worked for many years as a distributor for the Gulf Oil Company. After that venture he became a developer, and built many condominium and housing communities in Laconia and the Sarasota Florida area. Buddy was an avid golfer and a member of both the Laconia Country

Club and the Nashua Country Club. He also enjoyed boating and could often be found on Lake Winnepesaukee aboard his boat Cessna. Buddy was also a pilot who flew his own plane.

He is survived by his wife, Maureen (Sullivan) Daw of Laconia; three nephews, David Sullivan, Michael Sullivan and Tom Sullivan; and one niece, Patty Moul.

Calling hours were held from 3 to 5 p.m. on Sunday, July 24, 2016 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage

House entrance.

A funeral service was held at 11 a.m. on Monday, July 25, 2016, also at the funeral home.

Burial was private.

For those who wish, memorial contributions may be made to Central New Hampshire VNA & Hospice, 780 North Main St., Laconia, N.H. 03246.

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

Tony Martelli to entertain at Taylor Community

LACONIA — Join us as world renown entertainer Tony Martelli brings the sounds of Frank Sinatra and Tony Bennett to Taylor Community's Woodside Building, Friday, Aug. 5 at 2 p.m. The event is free and open to the public, but reservations are requested by calling 524-5600.

Tony is a Navy Veteran who had a 30-year

career in executive protection and counter terrorism. Nine years ago when on a dare at a party he sang a song and his world changed forever. Now a full-time entertainer, he's performed in several countries, on cruise lines and venues throughout the United States from single performances to 50-piece orchestras.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org or like us on Facebook to keep up with all our events.

Tune in for a comedy classic on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (July 29 & 30) for our "LRPA After Dark" presentation of 1940's romantic comedy "His Girl Friday," starring Cary Grant, Rosalind Russell and Ralph Bellamy.

In "His Girl Friday," we meet ace reporter Hildy Johnson (Russell), who resigned from her job at a top Chicago newspaper four months ago — but try telling that to her former editor and husband Walter Burns (Grant), who has been sending her telegrams night and day, trying to get her to return to her post. She has gotten a quickie divorce and is set to marry the perfectly nice but awfully dull insurance salesman Bruce Baldwin (Bellamy) the very next day. Walter, who admits he was a good

boss but a bad husband, doesn't want to lose her, either as a reporter or as the love of his life. When he learns of this development, Walter pulls out all the stops to convince Hildy to write one last big story — the story of her career! — about convicted murderer Earl Williams, a man whose case was bungled by the local sheriff, and who is scheduled to be executed within 24 hours. She pursues the story while Walter finds more ways to impede the wedding. As Walter works by Hildy's side, she must figure out what she really wants in life.

Adapted from the popular stage play "The Front Page," and directed by the legendary Howard Hawks, it's no wonder that "His Girl Friday" is considered to be a classic screwball comedy and a masterpiece of mid-

20th Century filmmaking. It is one of the first films to use fast-paced, overlapping dialogue, particularly in scenes where the characters are wittily sparring with one another. All of the well-cast actors give top-notch performances, particularly Grant and Russell, who ad-libbed some of their clever dialogue. New York Times critic Frank S. Nugent called "His Girl Friday" ... the maddest newspaper comedy of our times." What's not to love? "Grab your popcorn and join LRPA after dark for this romantic screwball classic from the past.

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

Art Therapy: Coloring isn't just for kids anymore at Taylor Community

LACONIA — What started as a niche hobby has now become an international trend, as adult coloring books find themselves on more and more bestsellers' lists throughout the world.

Join Maureen Bieniarz from Imagine

Gallery, Tuesday, Aug. 9 at 1 p.m. in Taylor Community's Woodside Building to experience the therapeutic properties of coloring. All supplies are included in the \$15 fee. Reservations are required no later than Aug. 2 by calling 524-5600.

It's not just those with diseases who can benefit from the visual arts. Art Therapy has been found to be helpful when dealing with a variety of conditions including dementia, anxiety and PTSD. Join us and discover the soothing benefits for yourself.

Chamber music July 31 at Taylor Community

LACONIA — Taylor Community's 2016 Concert Series continues Sunday, July 31 at 3 p.m. with a concert by a quintet of wind musicians from the New Hampshire Music Festival.

The group is composed of Andrea Hixon, oboe; Valerie Watts, flute; Elizandro Garcia-Montoya, clarinet; Nicolasa Kuster, bassoon and David Saunders, horn.

The event — which will include music by Beethoven, Barthe and Barraine, among others — is free and open to the public and will be held

at Taylor Community's Woodside Building. It is generously being sponsored by Dr. Stewart and Denise Stringfellow.

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is to provide the highest quality retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org or like us on Facebook to keep up with all our events.

Sip and Dip paint party to be held at Taylor Community

LACONIA — Artist Maureen Bieniarz from Imagine Gallery will provide a step-by-step instructional acrylics painting class Thursday,

Aug. 11 at 2 p.m. at Taylor Community's Woodside Building. Paint supplies and canvas are included in the \$20 class fee. Reservations are required no later than Aug. 4 by calling 524-5600.

No experience is necessary ... just the ability to have fun!

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of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology. LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

Clare Persson presents Stand Up Laconia at Taylor Community

LACONIA — Clare Persson, chair of Stand Up Laconia, introduces the non-profit organization at a presentation Wednesday, Aug. 3 at 2 p.m. in Taylor Community's Woodside Building. The event is free and open to the public, but reservations are requested by calling 524-5600.

Stand Up Laconia is dedicated to making Laconia better by resolving issues of substance misuse in the city. It's comprised of a growing coalition of youth and adults who live, go to school and work in Laconia who have come together to create positive change by working together as a community.

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Annual JBT Regatta and Auction Is a Record Breaker!

GILFORD — The Third Annual JBT Regatta and Auction For the benefit of The Cure Starts Now, presented by that Winnepesaukee Yacht Club was a resounding success. We had a great day of racing, a great breeze and a record Thirty-One boats participated in four classes. We raised over \$82,000 through silent and public auctions, donations, and gifts to help fight DIPG and other childhood cancers.

We had a well-attended post-race cookout at the Winnepesaukee

Yacht Club following racing on Saturday, and enjoyed an extremely lively auction prior to the awards ceremony. A silent ran throughout the event. Paul Warnick performed at the post-race/pre-auction cookout, and the weather was perfect.

Several families representing their local chapters of The Cure Starts Now foundation were in attendance including Keith & Brooke Desserich of the Ohio Chapter and Founders of The Cure Starts Now came and participated in



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memory of their daughter Elana. John & Lynn Whittington represented the Indiana Chapter in memory of their son Peyton, and Al Bellarose and his family were present, representing the Southern New Hampshire Chapter in memory of McKenzie Lowe. Al also won the \$1,600 50/50 raffle and elected to donate his \$800 winnings back to the cause.

A special award, Presented annually by the WYC to an Altruistic Spirit who encompasses the Strength and courage to Navigate through the Challenges of Life was given to Larry Routhier. Event Chairman Jesse Thompson presented the award and said of Larry: "This year's recipient is a distinguished member of the WYC and, simply put, just a wonderful man. His smile is infectious and his willingness to help others in unbridled. Needless to say, the word "NO" is not in his vocabulary -- He is always willing to get involved and eager to help whoever, in whatever way possible." Larry is well known in his community for his civic involvement and great works on behalf of the community, and was an outstanding choice for this award.

Casey Nickerson of Gilford, sailing Argo III was the winner of the 8 boat J-80 class. He took

the prize after a close raced with Pressure, sailed by his sons, Guy and Warner. Mike Curtin sailing Mas Gostosa was third. Nickerson was also the overall race winner. The overall winner is awarded to the participant who is first to finish based on the reverse start format. Prizes were also awarded to the top three racers in each of four divisions.

Fifteen year old Seth Maxwell was the winner of the four boat Spinnaker Racing Division sailing a Sonar (cleverly named So-gnar) for the Lake Winnepesaukee Sailing Association where he and his crew are sailing instructors. Ben Crosby, another LWSA instructor, sailed his family's 30 foot catamaran Black Bear into second and Al Posnack in his L-16 Whimsey, rounded out the top three in this class.

The cruisers were also broken out into two divisions. In all classes, the boats were classified by size and design so that they were evenly matched. In the smaller boat Cruising B division, Rob Johnson Sailing in his Sea Sprite Isle of Sky with his wife Catherine and son Drew won by a large margin over second place finisher Jerry Slagle in his C&C 26. Tom Sullivan sailing Hi-Ho was third. This was

SEE AUCTION PAGE A13

Miss NH 2016 hosts Trunk Show aboard M/S Mount Washington

Miss New Hampshire's annual fundraiser cruise set for Aug. 14

LACONIA — Join the Miss New Hampshire Organization on Sunday, Aug. 14, beginning at 12:30 p.m. aboard the M/S Mount Washington in Weirs Beach for an exclusive Miss New Hampshire 2016 trunk show.

Caroline Carter, Miss New Hampshire 2016, will share her Miss America talent selection, "I Dreamed A Dream" from the Broadway musical "Les Miserables," and will showcase the wardrobe she will wear during the Miss America competition Sept. 6 – Sept. 11 in Atlantic City, N.J. Miss New Hampshire will also speak about her platform, 1, 2, We: Diabetes Advocacy.

Tickets for this year's cruise are \$50 for adults and \$30 for children under 12, and includes the cruise and brunch. To purchase tickets for this year's cruise, call the Miss New Hampshire



Miss New Hampshire 2016, Caroline Carter

office Monday, Wednesday or Friday between 9 a.m. and 2 p.m. at 437-9027 or email ExecAssist@

MissNH.Org. Proceeds from ticket sales will benefit the Miss New Hampshire Scholarship Foun-

ation.

About Miss New Hampshire Scholarship Program

The Miss New Hampshire Scholarship Program, a state chapter of the Miss America Organization, and a 501(c)4 non-profit corporation, provides thousands of dollars in annual college scholarship assistance through the Miss New Hampshire Scholarship Foundation, a 501(c)3 charity, making it the largest scholarship program for women in New Hampshire. Miss New Hampshire Scholarship Program is comprised of 28 local title holders located throughout the state who contribute hundreds of hours of community service annually. For more information about the Miss New Hampshire Scholarship Program, please call 437-9027 or visit MissNH.Org.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director
Gilford Parks and Recreation

Old Home Day Committee accepting parade applications

The Gilford Old Home Day Committee is currently accepting Parade Applications for the Old Home Day Parade to be held on Aug. 27. These forms are available at both Bank of New Hampshire locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation Web site at www.gilfordrec.com.

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

Senior Moment-um Wolfeboro Trolley Tour on Aug. 8

The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um Program on Monday, Aug. 8. Participants will meet at the Gilford Town Hall at 9:30 a.m. to carpool to Wolfe-

boro to enjoy 45 minute narrated Trolley Tour featuring the Wolfeboro waterfront, Wolfeboro Railroad Station, the WWII Wright Museum, the Penny Candy Shop and much more. Following the tour, participants are free to visit local shops and grab a bite to eat for lunch. The cost of the trolley tour is \$8 per person, and participants are also responsible for any other expenditures they choose to make including the cost

of their lunch. All participants must RSVP with the Parks and Recreation Department no later than Tuesday, Aug. 9.

To RSVP or for more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Youth soccer registration deadline is Aug. 19

The Gilford Parks and Recreation Department will be accepting Youth Soccer registra-

tions through the registration deadline of Friday, Aug. 19! The youth soccer program is open to all Gilford students entering grades K-5 this fall. After Aug. 8, the registration fee increases to \$35. Any registrations submitted after the Aug. 19 deadline will be accepted on an availability basis only.

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

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FIRE BOAT

(Continued from Page A1)

different issues that arose with the decision process. One was that the city council never responded to the town's

letter. "To this date we have not officially heard one way or the other whether we were getting the

boat and I felt that they owed the residents of Gilford an apology and a letter of explanation," Grenier said.

Grenier also told the council that the vote to reopen the issue should have been tabled to a later date. Grenier said this would "allow us

to go there and make a pitch for the boat."

Previously Grenier spoke to the New Castle board of selectmen on this issue. He learned the boat from Portsmouth will be mostly used as a spare pump, a matter he mentioned to the city council.

"I said the best highest use of that boat in keeping with the original grant would've been to put it on Winnepesaukee protecting the lives and property of hundreds of people on the Gilford islands as well as the Mutual Aid towns of Laconia and

Alton," Grenier said.

Grenier said after two minutes he was flagged and had to give up the podium. He did not receive any response from city officials at that meeting.

"I just felt I had to get that off my chest," Grenier said.

BEACH

(Continued from Page A1)

in their safety limits," Greene said.

Greene said there was no way to specifically tell the source of the bacteria. He said his only guess was it might have been something that washed up or was blown into the area.

"Unless you find an obvious issue, it's hard to pinpoint what may have caused it," Greene said.

This is the first time the beach has been closed for this reason since 2013. In that period the water has been

testing well.

Greene said the state will retest the beach a little more often following this issue.

Aside from that closure, Greene said the rest of the summer season has been going well for Parks and Recreation. They are in the middle of Session 2 of the swimming lesson program and the ongoing tennis and archery lessons are continuing. There will also be a few horsemanship camps starting up soon.

TECH CAMP

(Continued from Page A1)

issues such as artificial intelligence, automation, the use of drones, and others.

Thomas said nearly a third of the students were in high school and the others were middle school age.

"They're very sharp kids," Thomas said. "It's been a blast showing them what kind of technologies there are. I hope that they hey a



ERIN PLUMMER
Aydyn Berube of Gilford makes a "death machine" during the Gilford Public Library's Teen Tech Camp.



ERIN PLUMMER
Teen librarian Mark Thomas works with youths on Snap Circuits.

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familiarity with a lot of the software that's available today."

Thomas also said he wants the teens to know the library is a place where they can have access to these kinds of resources.

This camp also gives them a little head start for school.

"We've been doing a lot of technology programs with the teens and that's in line with what they've been working with in school," Thomas said.

Thomas said they have worked with some subjects and resources the schools might not focus on, such as video and social media.

"I'm impressed, it's a very bright group of kids," said assistant librarian Molly Harper. "The challenge as been coming up with an array of activities to challenge their interests."

She said the kids had lots of different projects and many different things happening at once. She said she though the 3D pen and the drone were the most popular activities.

Teens who take part in the summer reading program have the opportunity to enter to win a drone or a drawing tablet.

High School students Katie Evers of Braintree, Mass., and Morgan Ashworth of North Attleboro, Mass., have families who summer in the area. Both said they liked learning about the different technologies. They especially liked working with the 3D pens.

Aydyn Berube, who will be going into sixth grade at Gilford Middle School, was building a machine with Snap Circuits at the library as part of tech camp. He said he was familiar with a lot of these technologies before, but learned so much more.

"It actually taught me a lot I didn't know," Berube said.

The tech camp is one of two teen camps going on at the library this summer. The second is the Teen Writing Camp, which will take place Aug. 2-4.



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Save the date for the 14th Annual Brenda's Ride with Friends!

Sal's Pizza and Winner's Circle Auto Sales step up as Gold Sponsors

LACONIA — Rev those engines and save the date! The 14th Annual Brenda's Ride with Friends: Fighting Cancer One Mile at a Time will be held on Saturday, Aug. 13 at Faro Italian Grille in the Weirs.

The Ride will start at 10 a.m. sharp as hundreds of motorcycles depart together for a scenic ride to Waterville Valley. The convoy will arrive back at Faro early after-

noon for a cook-out, raffles, and live music courtesy of Matt Langley and his band AXIS!

The cost to ride is \$25 pre-registered or \$30 the day of the event and includes food and entertainment. All are welcome -- if you do not plan to ride but want to stop by for delicious food and great entertainment a small donation is encouraged.

Sal's Pizza in Laco-

nia and Winner's Circle Auto Sales in Tilton have signed on as \$1,000 Gold Sponsors of Brenda's Ride. Since 2008, this event has raised more than \$85,000 to benefit the Oncology Department and patients at Lakes Region General Hospital.

"We can't thank Tony Tine at Sal's Pizza and J.J. Santoro at Winner's Circle enough for their generosity," states Brenda Ganong. "Their dona-

tions, and support from so many through the Brenda's Ride event, will go a long way in offering local patients battling cancer a helping hand in their time of need."

Sal's Pizza and Winner's Circle are joined by Silver Sponsors Brady Companies, Looney Bin, Roche Realty Group, and Nick & Carolyn Zayka. Dozens of other businesses and individuals support Brenda's Ride



COURTESY

Brenda Ganong welcomes Tony Tine and Ross Tine of Sal's Pizza, and J.J. Santoro of Winner's Circle Auto Sales, Inc. as Gold Sponsors of the 2016 Brenda's Ride. All are welcome to join in on the festivities on Saturday, Aug. 13, which includes a motorcycle ride alongside hundreds of friends to Waterville Valley, followed by a cook-out and live music at Faro Italian Grille. Pictured from left to right: Ross Tine; Brenda Ganong; John Ganong; friend & event coordinator MaryEllen Prescott; Faro Italian Grille Office Manager Bri Farley; and Tony Tine. Absent from photo is J.J. Santoro.

LRGHealthcare's Family Birthplace promotes breast feeding for healthier babies

LACONIA — In conjunction with World Breastfeeding Week held annually Aug. 1-7, LRGHealthcare's Family Birthplace is promoting the benefits of breastfeeding in numerous ways.

In addition to being the best nutrition for infants, breastfeed your baby and you reduce his risk of developing chronic conditions, such as obesity, Type I diabetes, Celiac disease and Crohn's disease. It is also cost effective; according to La Leche League International, the cost of formula can range anywhere from \$134 to \$491 per month. That's \$1,608

to \$5,892 in one year!

Breastfeeding can be a nervous or challenging experience for mothers. LRGHealthcare has Certified Lactation Consultants on staff and free breastfeeding support groups. Karen Meader, RN, IBCLC and Betty Quinlan, RN, IBCLC can provide tips, answer any questions, and provide on-going support.

LRGH is one of eight hospitals in New Hampshire currently offering donor milk from Mothers' Milk Bank Northeast (MMBNE), a member of the Human Milk Banking Association of North America (HMBANA).

Pasteurized donor human milk safely provides many of the health benefits of breastfeeding to premature and critically ill infants. In the case of full-term births, donor milk can be offered as 'bridge milk' until the mother's supply increases.

During World Breastfeeding Week, Family Birthplace will have an informational table set up in the Atrium of LRGH and staff will be available from 11 a.m. to 1 p.m. Monday-Friday of that week to discuss benefits of breastfeeding and general labor & delivery questions. Re-

freshments, give-a-ways, and two baskets (valued at over \$75 each) full of infant necessities will be raffled off, be sure to enter as it's all free!

For more information on the benefits of breastfeeding, please call 524-3211, ext. 3707.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

through food and auction donations, shirt sponsorship, or by volunteering at the event. A special thanks to everyone at Faro Italian Grille for being the gracious host of Brenda's Ride.

For more information on how you or your business might support the 2016 Brenda's Ride, please contact Brenda Ganong directly at: 520-7996 or visit www.lrg.h.

org to download a registration form.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Breast Cancer and Beyond support gathering meets Monday

LACONIA — The next LRGHealthcare Breast Cancer and Beyond Support gathering will be held on Monday, Aug. 1 from 4:30-6 p.m.

The gathering will be held in the Tanger Suite (Women's Imaging and Breast Health Services) and will continue to the Third Floor Patio if weather permits.

As a reminder, Yoga for Survivors is held every third Wednesday from 5-6:30 p.m. at Yoga from the Heart (52 Canal Street, Laconia) and is free of charge.

RSVP is appreciated but not required for the Breast Cancer and Beyond Support Program. For more information, please contact Ginny Witkin at 527-2940 or vwitkin@lrg.h.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

August is Children's Eye Health and Safety Month

Back-to-school time is almost here, and it is a good time of year to get your children's eyes checked. More than 12 million children suffer from vision impairment.

If your child is not performing well in school, don't assume it's just lack of interest or laziness. The problem could be a vision related issue. Here are some tips on how to spot if your child has a vision problem:

-Eyes don't line up — one eye appears crossed or looks outward.

-Eyes are watery or red and your child rubs them frequently.

-Your child has trouble reading or doing other things close up, or holds objects close to eyes to see.

-Your child squints or frowns when reading or watching something.

After doing close up work they complain of dizziness, headaches or nausea.

Eye injuries are one of the leading causes of vision loss in children. With an estimated 42,000 sports related eye injuries each year, children who participate in sports, recreation, crafts or other projects, it's important for them to know about eye safety practices and to use protective glasses when needed. Prevention is the key when it comes to sport-related eye injuries. A whopping 90 percent can be avoided with the use of protective eyewear! Protective eyewear includes safety glasses and goggles, safety shields, and eye guards that are designed for a particular sport. Most youth sports leagues do not require

the use of eye protection, but parents and coaches can insist that eye wear is part of the uniform. In fact, many kids like to wear special gear for their favorite sport.

If your child should experience an eye injury, do not allow your child to rub or touch they eye. Do not apply medication to the eye. And, do not attempt to remove any debris from the eye. If the eye injury is caused by a chemical in the eye, flush the eye with water. For all eye injuries, seek medical attention immediately from an ophthalmologist, primary care doctor, school nurse or a children's health ser-

vice.

The Lakes Region Visiting Nurse Association offers Pediatric Care / Well Baby services that help give children the highest quality of home health care, while helping their families achieve a home life which is normal and enjoyable as possible. If your child ever needs quality at-home nursing care, the LRVNA works with your physician to develop a customized home care plan to reach recovery goals, while optimizing the health and independence of the child. For more information, visit www.LRVNA.org.

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BNH employees named Quality Service Professionals of the Year

LACONIA — Each year, Bank of New Hampshire employees nominate their co-workers for the special distinction of Quality Service Professionals of the Year. This year's recipients were Jennifer Schaffner, Bank Trainer; Virginia Longland, Bank Services Representative; Debra Davis, Senior Vice President – Retail Banking Officer; Jonathan Shapleigh, Vice President – Commercial Banker.

In making their nominations, employees are asked to consider such factors as interpersonal skills, customer orientation, product & service knowledge, commitment to the team and positive attitude along with consistently providing exceptional quality service to their customers.

Schaffner began her career with Bank of New Hampshire in 2005 as a Teller in the Plymouth Office. In 2014, she was promoted to Bank Trainer and has been invaluable as she trains Bank Services Representatives for many aspects of their jobs, as well as other employees. All employees who participate in Jenn's classes agree that she engages them, is extremely organized and is passionate about the topics she teaches. Schaffner's knowledge of the Bank's products and services is impressive, and she shares her knowledge freely. She equips employees with the infor-

mation and skills they need to be successful in their position. Schaffner is an outstanding team player, she is well respected throughout the Bank and known for the exceptional level of service she provides to her internal customers. She's extremely customer-focused, always cooperative, open-minded, and takes great pride in developing strong working relationships with both new and experienced employees.

Longland began her career with Bank of New Hampshire in 2012 as a Bank Services Representative in the Bedford Office. With more than 20 years of banking experience, she is known for her positive attitude, helpful nature, and excellent products and services knowledge. Virginia is the 'go to' person whenever there is a question on how to do something or for clarification on a process. Her customer focus is unmatched and is a valued member of the Bedford Office.

Davis began her career with Bank of New Hampshire in 1991 as a Senior Teller with 11 years of previous banking experience. She is well-known for how deeply she cares about the Retail Banking staff and how she focuses on every member in the same caring manner. Her knowledge about Bank of New Hampshire's products and services and processes and proce-



Jennifer Schaffner, Bank Trainer; Virginia Longland, Bank Services Representative; Debra Davis, Senior Vice President – Retail Banking Officer; Jonathan Shapleigh, Vice President – Commercial Banker.

dures is extensive. She is a wealth of information and is always welcoming to anyone who calls upon her with a question. Davis is a strong contributor to the Retail Banking team's success. The level of service she provides on



COURTESY

a consistent basis is second to none and her colleagues will tell you it's a privilege to work with her.

Shapleigh began his career with Bank of New Hampshire in 2005 as a Commercial Services In-

tern. In 2006, he became a full-time employee of the Commercial Banking division and was promoted to officer status in 2008. He is genuinely kind-hearted and friendly to everyone he is in contact with. He is well-liked and respected in the community where he lives and works and represents Bank of New Hampshire very well. Jon serves on the boards of several local organizations where he earns colleagues' trust and builds strong relationships. Shapleigh is a hard-working, successful commercial banker. He serves his customers in a timely manner, he's friendly to his colleagues and his other business partners and he handles his work in a professional manner.

It's easy to see why

each recipient was selected for this prestigious award; they consistently provide exceptional service and are very deserving.

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Attorney Bob Hemeon becomes Of Counsel at Wescott Law



COURTESY PHOTO

Bob Hemeon

expertise as needed, and offering services as a private mediator in civil disputes.

A visit to Hemeon's office reveals the surprising lack of a computer on his large desk.

"I was blessed to have the same secretary for 43 years. [Priscilla Hobbs, who retired last year.] I think she gave up on waiting for me to retire," Hemeon says with a sly smile. "She had a computer and communicated by email when necessary, on my behalf."

Speaking of one of the many changes he's seen

in the industry during his career, Hemeon points to the proliferation of email as the main source of communication.

"We used to communicate verbally, now it's all email, which can be impersonal," he recalls. "As a direct result of personal communication, we used to form relationships, which were valuable to our careers. We could battle it out in court, but enjoy a friendly game of golf afterward."

Another change Hemeon has witnessed

over the span of his career is that attorneys used to cover a broader range of practice areas.

"Today's legal industry is so much more sophisticated that attorneys usually specialize in a handful of practice areas," he explains. "It's just not possible for one person to stay current on every practice area these days."

The increase in women in the industry is something Hemeon has witnessed first-hand throughout his career.

"Out of 31 individuals admitted to the New Hampshire Bar in 1969, only one was a woman," he said. "Yet, today over 50 percent of admits are women, many of whom are now leading the way in the legal field."

Hemeon's own accomplishments are worth noting. He is considered a leading practitioner in the State for the defense of DWI/BWI and other

SEE HEMEON PAGE A11

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Kelly Beebee joins mortgage lending team at Meredith Village Savings Bank

MEREDITH — Kelly Beebee has recently joined the Mortgage Lending Department as a Mortgage Loan Originator for Meredith Village Savings Bank (MVSB). She was previously Branch and Business Development Manager for the Bank's Plymouth Main Street office. Beebee is currently located at the MVSB office at 28 State Route 25 in Center Harbor.



Kelly Beebee

office in Meredith. In 2010, Beebee was promoted to Branch Manager of the Plymouth Main Street Office and became Branch and Business Development Manager in 2012.

"Kelly brings great energy to this position, and offers the added benefit of working with our customers for over ten years," said Mark Chalifour, Vice President of Residential Mortgage Sales. "As a Loan Originator, Kelly has access to a wide range of programs and competitive rates. She knows the market, the neighborhoods, and she will work hard to get to know each customer so she can meet their needs. She is a wonderful addition to our team."

Beebee joined MVSB in 2006 as the Head Teller at the MVSB Main Of-

degree in Business and Financial Management.

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businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excel-

lence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor,

Gilford, North Hampton, Laconia, Meredith, Moultonborough, Plymouth or Wolfeboro, call 800.922.6872 or visit mvsb.com.

Toyota "T-Ten" program coming to LRCC

LACONIA — On Thursday, June 9, Lakes Region Community College formalized a relationship with Toyota Motor Sales USA to bring the Toyota Technician Education Network (T-TEN) Program to the College. LRCC's new automotive building has enabled the College to expand its automotive offerings to include the Toyota T-Ten Program. The first class of students will begin the program in 2017.

Patty Koener, National Manager of Strategic Resources for Toyota Motor Sales, President Kalicki (LRCC), Peter McNamara, President of the New Hampshire Automobile Dealers Association and Dr. Ross Gittel, Chancellor of the

Community College System of New Hampshire (CCSNH) remarked on the importance of fostering collaboration between educational institutions and industry for the local, state and regional economies. Educational pathways, like the Toyota T-TEN Program, provide graduates with high-paying employment opportunities and produce skilled technicians that fill significant gaps in the State's labor force.

Similarly to LRCC's General Motors Automotive Service Educational Program (GM ASEP), the Toyota T-TEN Program will combine state-of-the-art automotive diagnosis and repair education in the classroom with hands-on work experience in dealership settings. LRCC's established relationship with GM ASEP provided a framework to transition the Toyota T-TEN Program. According to Patty Koener, Toyota had been looking for a community college partner in New Hampshire, and



Patty Koener, National Manager of Strategic Resources, Toyota Motor Sales and Scott Kalicki, LRCC President, signing Toyota T-Ten Program Agreement.

LRCC "was the perfect match."

LRCC looks forward to enrolling students from all over the State and the New England region. New campus housing will make hosting students from areas outside of the Lakes Region a bit easier. For more information on the Toyota T-TEN Program visit <http://www.toyota.com/usa/tten/programdesc.html#/ttenProgram>.

About LRCC

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes

Region of New Hampshire that serves over 1,200 students annually. LRCC offers 28 associate degree programs including Nursing, Fire Technology, Business, Media Arts, Culinary Arts, Automotive, and Marine Technology, as well as short-term certificate programs. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. LRCC is part of the Community College System of New Hampshire.

HEMEON

(Continued from Page A10)

motor vehicle violations, has served multiple terms on the Laconia School Board and is a former President of the New Hampshire Trial Lawyers Association. He has also served as a Superior Court Mediator and has been a Governor and Secretary for the New Hampshire Bar Association. He currently serves on the Board of Directors of the Boys and Girls Club of the Lakes Region. Hemeon

was a founding member of LEEF (the Laconia Endowment Educational Foundation) and was recently honored as Board Member Emeritus for his dedication to the program.

A lifetime resident of New Hampshire, Hemeon and his wife have enjoyed many sailing excursions throughout their lives together and look forward to more time for further travel.

"Bob has been an ex-

traordinary mentor to the newer associates in the firm," noted Attorney Allison Ambrose, Managing Partner of the firm. "His knowledge of the law, advocacy for his clients and candor with everyone he encounters sets a positive example for us all. We are thrilled that Bob is able to enjoy some time off while retaining his affiliation with Wescott Law; it is more than well deserved."

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www.nohaverhillfair.com

First United Methodist Church offers Summer Study

Summer in the Lakes Region is a time to relax, drink in the beauty, hike, swim, boat, and simply enjoy the gifts of God that are so evident all around us. But that doesn't mean that it isn't also a time to continue to learn, grow, and explore the implications of living out our faith in the

world.

For that reason, Pastor Tom Getchell-Lacey wants to invite anyone who is interested to dig into a meaty book that will challenge us to think deeply and respond faithfully to some of the ways God is calling us to live out our faith in a broken

world. This summer, he will lead a study using "America's Original Sin: Racism, White Privilege, and the Bridge to a New America," and it is written by Jim Wallis. As the title indicates, this is a book about ending racism in America, and it is addressed towards

white Christians in particular. The book has been described as "powerful," "courageous," "daring," and "hopeful," as it looks at both the historical roots of American racism, as well as contemporary events such as Fergu-

son and Charleston.

This Summer Study will last for five weeks, beginning Aug. 4 and ending on Sept. 1. We'll meet in the Fireside Room of the First United Methodist Church on Thursdays from 7 until 8:30 p.m. You can pur-

chase a copy of the book on your own, whether in hard cover or electronic form, or there will be copies of the book available from the church for a donation of \$15. You may call the church to register to come to the study.

"What do I do with Household Hazardous Waste?"

Safely rid your home of hazardous products such as oil-based paint, lawn and garden chemicals, and fluorescent light bulbs. Residents and residential taxpayers in the 24 participating communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to any one of the collection sites throughout the region.

On July 30, bring your hazardous waste to the Belmont Fire Station and Public Works Garages in Franklin, Gilford, & Meredith. On Aug. 6, HHW

will be collected at the New Hampshire DOT Garage in Bristol, the Public Works Garage in Laconia on Bisson Avenue, and the Town Highway Garages in Center Ossipee and Moultonborough. The participating communities for the collection consist of: Alexandria, Andover, Belmont, Bridgewater, Bristol, Center Harbor, Effingham, Franklin, Freedom, Gilford, Gilmanton, Hebron, Hill, Holderness, Laconia, Meredith, Moultonborough, New Hampton, Northfield, Ossipee,

Sanbornton, Sandwich, Tamworth, and Tilton.

As a reminder: Latex paint and alkaline batteries are not considered HHW, and will not be accepted on the collection days. These products can go in with the household trash (dry out the paint before disposal).

To get maps to the collection sites, make a donation to the program, or learn more information about wastes, visit the Lakes Region HHW Web site at <http://lakesrpc.org/serviceshhw.asp> or call 279-5343 or 279-5341.

Gearing your garden up for fall

It is never too early to prepare. On Wednesday, July 27 at noon, Ana Gourlay, a Belknap County Master Gardener, will be at Wesley Woods to talk about fall plantings, native plants, and how and why you

should be using these plantings as they provide food for native birds, bugs and other animals. She will also discuss how to prepare your gardens for "bed" when the time comes.

This series of talks

is open to the public, and to all ages. A light lunch will be served. For more information or to RSVP, please contact Stace Dicker-Hendricks at 528-2555 or sdhendricks@wesleywoods.org.

Writing Camp in the Lakes Region

LACONIA — The National Writing Project of New Hampshire is offering two opportunities for children entering grades 3 through 9 to strengthen their writing skills and have fun working with other writers. This summer from Aug. 1 through 5, writing camp will be held at Elm Street School in Laconia from 9:00 a.m. to noon for youngsters entering third through sixth grade. Then from Aug. 8 through 12, camp will be held for those entering grades 5 through 9.

At a time when most kids put away their books and pencils until fall, there is a group of young writers who use this vacation time to create their own new story adventures. During the summer, it is not about writing for an assignment. The purpose of writing is up to the individual with additional time set aside for group writing and learning new strategies for revi-

sion.

During the first week of August, younger campers will use several hands-on activities, books, movement, and dance as a means of generating interest and ideas. The second week of August writing camp will be held at Inter-Lakes School in Meredith. This camp will engage older campers in an atmosphere that supports the maturing writers who often come into camp with their own style, and ideas ready to share their excitement and skills with others in the group. Delving into their own stories, these middle school age campers, spend the week learning about a genre, writing sections of a piece and then crafting original video games or movies which complement their written adventure story. The adult to child ratio is low allowing each camper to receive personalized feedback and guidance

in the writing process throughout the week.

"It is refreshing to see kids spend a week of their summer vacation participating in writing camp," says leader, Patty Browner. "I love seeing the kids quickly become friends through activities like our 'shared notebook' in which each person starts a story that gets passed on to another camper who adds to the story then passes it to another child. The results are very humorous and we have many laughs reading the finished stories out loud."

"Writing camp is so much fun! It helps even the best young writers become better. I come back each summer. I will come back every year for as long as I can!" says Max Boisvert (age 14).

For more information and to register, visit:

<http://www.plymouth.edu/outreach/nw-pnh/>.

Eager breather's fresh air day cruise: A smoother sail for those with COPD

LACONIA—For the 21st year, Breathe New Hampshire will commandeer the historic M/S Mt. Washington for a luncheon cruise. On board will be about 400 people with lung disease, their families, and health-care professionals.

The cruise will set sail Thursday, September 8 rain or shine and includes lunch, entertainment and a health fair. The cost is \$15 per person.

Designed for individuals living with COPD (Chronic Obstructive Pulmonary Disease) or other chronic lung conditions, the cruise provides a safe and fun environ-

ment for participants to spend the day with others who share the same challenges.

It's also an opportunity for people to get out and practice planning and packing for all-day outings (oxygen, meds, any equipment), to be active, and learn to do pursed-lip breathing and other tips to conserve their energy.

Most of all, it's a two-and-a-half hour cruise in the fresh air on beautiful Lake Winnepesaukee! For more information, email info@breathe.nh.org or call 1-800-835-8647 or 669-2411. See www.breathe.nh.org/events/copd-cruise/2016 for pho-

tos of last year's event. Registration ends August 22.

COPD includes chronic bronchitis and emphysema and is the third leading killer in the U.S., and the second leading cause of disability.

COPD occurs most often in people 40 and older who are or were smokers, had long-term exposure to lung irritants and air pollution, or have a rare genetic condition. Symptoms include shortness of breath, chronic coughing or wheezing, producing excess sputum, or feeling unable to take a deep breath.

Although it kills more women than breast cancer and diabetes combined and is mostly preventable, there is a lack of awareness partly because of the associated stigma.

Established in 1916, Breathe New Hampshire is celebrating a century as the only nonprofit public health agency in the state dedicated solely to lung health. Breathe NH's mission is to eliminate lung disease and improve the quality of life for those with lung disease, from asthma to COPD.

For more information on COPD, or about support groups or gentle yoga, see www.breathe.nh.org/copd.

<p>Friday, July 29 7:00pm</p>  <p>Great Waters Music at The Nick! Trotting Track Road Wolfeboro, NH</p> <p>The Carolyn Ramsay Band Ash Fischbein The Ossipee Mountain Boys The Haase - Ordway Band</p>	<p>Friday, August 5 7:30pm</p>  <p>The Motown Experience at the Kingswood Arts Center Wolfeboro, NH</p> <p>GREAT WATERS MUSIC FESTIVAL</p> <p>2016 Schedule</p> <p>7/29 - CW Music @ The Nick 8/5 - The Motown Experience 8/12 - North Shore Acappella 8/19 - The Hit Men 8/26 - TUSK</p> <p>TICKETS 603-569-7710 www.greatwaters.org</p> <p>Thanks To Our Sponsors</p> 
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Better Choices, Better Health: Tools for Living Well

TILTON — Would you like to increase your energy and better manage your health? If you or someone you live with has an ongoing health concern such as chronic pain, diabetes, or arthritis, and would like to learn how to better manage this health concern so that you can do the things you want to do, you can benefit from "Living Well."

Learn how to manage your symptoms with the "Living Well- Better Choices, Better Health" workshop presented by LRGHealthcare. A free

six-week workshop will be offered on Wednesday's from 10 a.m. - noon, beginning Aug. 3 at the Franklin Savings Bank Community Room in Tilton. Those attending the workshops will apply skills for living a full, healthy life with a chronic condition, learn to set weekly goals and develop a practical step-by-step plan for improving health and quality of life. Weekly topics include healthy eating, physical activity, relieving stress, pain and fatigue management, and more!

Workshop leaders will guide participants through this proven program developed by the Stanford Universi-

ty School of Medicine. These sessions are ideal for anyone living with a chronic health condition or a caregiver of someone with a chronic health condition.

For more information or to register for this upcoming workshops, please call LRG-Healthcare Education Services at 527-7120.

LRGHealthcare is a not-for-profit health-care charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.



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LIBRARY

(Continued from Page A2)

theme is Out of the Garden! Sign up at the front desk with your library card. Cost is \$5 per person.

Tuesday, Aug. 2

Teen Writer's Workshop, Tuesday, Wednesday, and Thursday 10 a.m.-1 p.m.

Calling all young writers, poets and book-lovers! This 3-day camp is filled with activities and experiences to challenge young writers and readers. We'll hike a local mountain and write about the world around us, visit the cemetery and work on character development, and much, much more! This workshop is open to kids and

teens in grades 5-12. Sign-up is required and a \$15 fee covers all materials and a daily snack.

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

Healthy Snack, 3-4 p.m.

Children can join Abi in making healthy snacks. They can take their treats home along with the recipes. For K-4th graders, sign up required.

Healthy Eating, Active Living with Lisa Morris, 6:30-7:30 p.m.

Lisa Morris will present Healthy Living, Active Living. Lisa will explain the dangers of obesity in our region and she looks to the societal trend towards unhealthy

living for clues as to what can be done to tackle the issue. Lisa is the Executive Director of the Lakes Region Partnership for Public Health.

Wednesday, Aug. 3

Line Dancing, 9-10:30 a.m.

Teen Writer's Workshop, Tuesday, Wednesday, and Thursday 10 a.m.-1 p.m.

See above.

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

Storytime at the Beach, noon-12:30 p.m.

Join us for Storytime at the Beach! We'll read, sing, and do a fun beach project. This is a drop-in program in coordination with Parks and Rec.

GARDEN

(Continued from Page A3)

ty Gardens, including Belknap County Courthouse, Laconia Post Office, and the Bird and Butterfly Garden at Prescott Farm; was the Business Manager for the Christmas Greens Workshop and Boutique, and she expanded the Publicity for major club events beyond the local press. Most recently, Sandy has twice served as President of the Opechee Garden Club, 2006-2008, and Co-President in 2012-2013. She introduced the idea of adding a Plant Sale to the garden tour, a very successful venture, that she has Chaired or Co-Chaired during the last several garden tours. She is a Master Gardener, though not currently active, and she researched and wrote a booklet about the history of the Opechee Garden Club for the 2014 75th Anniversary of the club. Representing the Opechee Garden Club, Sandy has served the New Hampshire Federation of Garden Clubs, too, as a District Director, a 2nd and 1st Vice President, and had also been serving as the Opechee Garden Club representative to the Federation until June of 2016 -- a recent move to Florida has lessened her time availability in New Hampshire. Not only

a leader in the garden club, Sandy has been a mentor to many new club members, helping them learn the ways of the club, and encouraging them to participate if whichever of the activities or committees most interested them, gently guiding along the way. She is a most worthy recipient of this highest honor from the Opechee Garden Club. In addition to the beautiful crystal vase award, she also received a lovely orchid plant to keep as a reminder of the club's affection, appreciation and acknowledgement of all she has contributed during her membership.

Outgoing Board members whose terms of office have ended: Vice President, Carol Block; Hospitality Director, Jane Rollins; Program Director, Marge Dyer, and New Hampshire Federation of Garden Clubs Representative, Sandy Gove, were each given a lovely container of blooming annuals, in appreciation of their work on behalf of the club.

Newly elected and installed officers for 2016-2017 are: Co-Presidents, Audris Clark and Phyllis Corrigan; Recording Secretary, Susan Primeau; Corresponding Secretary, Donna Daniels-Ab-

jornson; Treasurer, Suzanne Perley; Hospitality Directors, Judy Nelson and Helen Murphy; Program Directors, Ginny West and Sandy Stafford; Membership, Sandy Hickok; and Past Presidents, Judy Robertson and Doreen Worthley.

Also appointed and installed were the Chairmen of the following Standing Committees: Auditor, Debbie Cotton; Civic Gardens, Barb Sargent; Club Administrator, Suzanne Perley; Parliamentarian, Simone Routhier; Photography, Joan Stephenson and Marge Dyer; Publicity, Marge Dyer; Scholarships/Awards, Suzanne Perley, and Scrapbook, Marge Dyer and Donna Daniels-Abjornson.

Opechee Garden Club meets at 1 p.m. on the first Monday of most months at the Gilford Community Church, 19 Potter Hill Rd., in Gilford. New members are always welcome! You can contact us at opecheegardenclub2012@gmail.com, or visit our Web site at <http://www.opecheegardenclub.com/>.

Opechee Garden Club is a member of the New Hampshire Federation of Garden Clubs, Inc., the New England Region, and the National Garden Clubs, Inc.

NOTEBOOK

(Continued from Page A4)

et every day. As a for instance, he pointed me to a fireball that hurtled in just four weeks later, on June 14, and broke up above northwestern Vermont and northeastern New York.

Several New Hampshire people witnessed this event from afar, and even then it was impressive. "Never saw anything like it before," wrote Cathi P. of Tamworth, which leaves me wondering where she was on the night of May 16.

Anyway, if you go to the AMS web site you will easily find links to other celestial-oriented sites, and you run the risk of kissing your fami-

ly goodbye and becoming a totally star-kissed gooney bird. There is a lot out there to look at, and wonder about. Okay, so it can be a family gooney bird rapture.

But what about the (b) part? What if this Lincoln Navigator had come straight down, over, say, Odell (an unincorporated place where nobody lives, but non-residents in the non-town of Odell dispute this)?

Mike Hankey figures that the explosion two miles above Odell would have been the equivalent of 20 tons of TNT.

But what about ground level?

Mike directed me to a similar-sized piece

of rock that smacked straight down onto Cranis, Chile in 2009. Curious readers who look this up, particularly the non-residents of Odell, and regard the crater, will be glad that the beach ball (nee Lincoln Navigator) went over to Rangeley instead.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

SPARKLE

(Continued from Page A5)

action, teamwork, and ultimately building self-esteem as well as provide educational theatre programming for pre-school & ele-

mentary school age children with the purpose of encouraging the advancement of literacy through presentation of children's

literature. Interlakes Children's Theatre encourages in our participants and audiences a lifelong interest in the arts and live theatre.

ARTISTS

(Continued from Page A5)

The following member artists will each have art work on display until Aug. 15 at these Lakes Region business locations: Pat Anderson, Northway Bank, Laconia; Shela Cunningham, Laconia Library, Laconia; BJ Eckhardt, Northway Bank, Belknap Mall, Belmont; Christa Faller, VynnArt Gallery & Supplies, Meredith; Christine Fogg, Northway Bank, Tilton; Sally Hibberd, Franklin Savings Bank, Main Office, Franklin; Jean Kennedy, Bank of New Hamp-

shire, Gilford; Barbara McClintock, Franklin Savings Bank, Gilford; Phyllis Meinke, Imagine Gallery, Laconia; Nancy Rand, Lakes Region Chamber of Commerce, Laconia; Marilee Sundius, Northway Bank, Meredith; Marlene Witham, Meredith Savings Bank, Meredith.

The Lakes Region Art Association, founded in 1940, is a non-profit group providing education and support to local artists, both amateur and professional, in the Lakes Region. To see more works

by Lakes Region artists, please visit The Lakes Region Art Association Art Gallery, located in the Tanger Outlets, 120 Laconia Rd., Suite 132 in Tilton. The Gallery represents more than 25 artists and photographers from the Lakes Region. On display and for sale are original works in oils, watercolors, pastels, acrylics, photography and more. Open Friday, Saturday and Sunday, 10 a.m. to 6 p.m. For more information, call 998-0029 or visit www.lakesregionartassociation.com.

AUCTION

(Continued from Page A7)

the largest fleet in the race with 10 boats.

The really big boats battled it out in the 8 boat Cruising A division won by Bob and Donna Garland on Haleakala. Keith Spalding was next on Pain Killer and Brenner Fullers Fireworks rounded out the top three. Most of the boats in this divi-

sion were also battling for supremacy in the LWSA Cruiser/Racer series which was combined with the JBT race.

Thanks to the Thompson families and everyone who helped with donations and generous bidding. Thanks to the volunteers, racers, cooks,

and everyone who attended or helped in any way.

The Winnepesaukee Yacht Club is proud to support The Cure Starts Now, and we hope that you will check out their website, www.thecurestartsnow.org for more information, and contact SEE AUCTION PAGE A14

ART SHOW

(Continued from Page A5)

Jean Kennedy Steers an Active Group

In the last few years, the Association membership has more than doubled under the leadership of Gilford resident, Jean Kennedy. Not only that, but the group is now in-

involved in many more art events, including the Lakes Region Art Association Gallery in the Tanger Outlets. These events afford its members, residents and visitors more exposure to the Lakes Region art environment.

More activity means more interest, which results in more members, which translates into opportunities for its members. The Association enriches member lives as well as those of the Lakes Region in general.

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Investing: A Marathon, Not a Sprint

Next week, the 2016 Summer Olympics begin in Rio de Janeiro. One of the most compelling events is the marathon, a 26.2-mile endurance contest with roots dating back to ancient Greece. It may be that we've kept our interest in the marathon because it can teach us much about life -- and it certainly has lessons for investors.

In fact, if you were to compare investing to an Olympic sport, it would be much closer to a marathon than a sprint. Here's why:

- **Long-term perspective** -- Sprinters are unquestionably great athletes, and they work hard to get better. Yet their events are over with quickly. But marathoners know they have a long way to go before their race is done, so they have to visualize the end point. And successful investors, too, know that investing is a long-term endeavor, and that they must picture their end results -- such as a comfortable retirement -- to keep themselves motivated.
- **Steady pacing** -- Sprinters go all out, every second and every stride. But marathoners have to pace themselves -- too many spurts of speed could tire them out and doom their

performance. As an investor, you, too, should strive for steady, consistent progress. Rather than attempting to rush success and achieve big gains by chasing after supposedly "hot" stocks -- which may already have cooled off by the time you hear about them -- try to follow a long-term strategy that emphasizes diversification among many different investments. (Keep in mind, though, that while diversification can reduce the impact of market downturns that primarily affect one type of asset, it can't guarantee success or prevent all losses.)

- **Ability to overcome obstacles** -- When sprinters stumble or fall, they are finished for the race; there's simply not enough time to recover, so they typically just stop. But over 26 miles, a marathoner can fall and -- providing he or she is not injured -- get up again, compete and possibly even win. When you're investing for the long term, you have time to overcome "mishaps" in the form of market volatility. So instead of dropping out of the "race" and heading to the investment sidelines, stay invested in all types

of markets. As you near retirement, and you have less time to recover from market downturns, you may need to adjust your portfolio to lower your risk level -- but even then, you don't need to call it quits as an investor.

- **Proper fueling** -- Sprinters have to watch what they eat. But world-class marathoners have to be ultra-diligent about their diets, especially in the period immediately preceding a race. Because they must maximize the oxygen their bodies can use while running, they need a high percentage of their calories to come from carbohydrates, so they "carbo-load" when needed. When you invest, you also need to periodically "refuel" your portfolio so it has the energy and stamina needed to keep you moving forward toward your goals. And that means you must add dollars to those areas of your portfolio that need beefing up. Regular reviews with a financial professional can reveal where these gaps exist.

As an investor, you can learn a lot from Olympic marathoners -- so put this knowledge to good use.

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 **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki@Jacqueline.Taylor@edwardjones.com.

Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.

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AUCTION

(Continued from Page A13)

sider making a donation. Donations may be made at: <https://thecure-startsnow.webconnex.com/jbtregatta16>

JBT Regatta Results

2016
Total Boats = 31
Overall Winner-Casey Nickerson, Argo III
J-80 class:
1. Argo III (Casey Nickerson)

2. Pressure (Guy Nickerson)
3. Gostosa (Conor Hayes/Mike Curtin)
4. Over the Edge (Jesse Thompson)
5. He's Baaack (Bob Knowles)

6. Mistress (Jeff Rab-inowitz)
7. Jolly Mon (Jon Rochlis/Anne LaVin)
8. Schatz (Al Herte)
Spinnaker Racing Class:

1. So Gnar (Seth Maxwell)
2. Black Bear (Ben Crosby)
3. Whimsey (Al Posnack)
4. Ninkasi (Sara Laroux)

Cruising B Class:
1. Isle of Sky (Rob Johnson)
2. HMS Slagle (Gerry Slagle)
3. Hi-Ho (Sullivan)
4. Tackless (Scott Nolan)
5. Air Express (Charley Boucher/Rick Wilson)

Cruising A Class:
1. Haleakala (Bob and Donna Garland)
2. Pain Killer (Keith Spaulding)
3. Fireworks (Brenner Fuller)
4. Claddagh (Jay Norden)
5. Next Best Thing
6. Sugar Mountain
7. Szep Lany (Christopher Stevens)
8. Chez Mate

6. Mingo (Dick Christopher)
7. Boat (Chris Weinmann)
8. Nantucket Bound (Chuck Moretti)
9. Kia Ora II (Gary Brauns)
10. Windsong II (Nick Callahan)
11. Anticipation (Don Parsons)-D/N/S

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JEFF LAJOIE

Gilford's Tyler Swarthout will play collegiate golf at NCAA Division III Husson University in Bangor, Maine this fall.



JEFF LAJOIE

In addition to his four-year golf career at GHS, Tyler Swarthout also played a key role on the basketball team during the winter months.

Swarthout ready for collegiate challenge

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD – Somewhat surprisingly, Tyler Swarthout's golf career is still in its relative infancy. Despite his father, Jim, occupying the role of PGA Master Professional and Director of Golf at Pheasant Ridge Golf Club, Swarthout didn't play competitively until his freshman year of high school. Even then, shifting over from playing soccer was a difficult decision.

"I was in love with soccer and we won the middle school champi-

onship," began Swarthout. "I had my mind set on soccer going into high school and then fall came around, I changed my mind and couldn't be happier that I did. Although it was definitely a tough decision with (soccer coach Dave) Pinkham's legacy."

After four years on the Gilford High School golf team, Swarthout will take the next step in his career this fall when he will play collegiately at NCAA Division III Husson University in Bangor, Maine.

"I was talking to a few

D-II schools like Franklin Pierce and SNHU, but I wanted to play right off the bat and have an immediate impact," explained Swarthout. "Husson has won the NAC (championship) five out of the last seven years and they've made it to NAAs the last 10 years. I liked their coach, he's very knowledgeable."

Husson head coach Mike Dugas first contacted Jim Swarthout, Gilford's golf coach, about Tyler during his junior year. One of the Husson assistants came to a match to follow him

around, and when Tyler went on a visit to Bangor, he played a round with Dugas at Bangor Municipal Golf Course, the 27-hole course where the Eagles play their home matches.

"It was tough," recalled Swarthout. "That was the first time I ever met him and I'm thrown right into it, playing a round with the coach recruiting me. I played okay, I think I shot a 38 on nine holes."

Swarthout ultimately committed to Husson, and his senior year proved to be the best of

his career. He didn't record a bogey in any of his first three rounds last fall, and he fired a 33 in a match against perennial powers Bow and Derryfield at Pheasant Ridge.

"I played better because of the better competition which is something I feel like I've been able to do," he explained.

Despite growing up around the game because of his father, Swarthout

said he gradually took to the sport.

"My dad never pushed me towards the sport. He was always very good about it," said Swarthout. "I would hit balls in middle school but never thought it would be a sport I could play. But my dad always taught me the mechanics so I knew what to do. Once I decided to play and

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Lachapelle, Orton star for Nor'Easter 18s

BY JEFF LAJOIE

jlajoie@salmonpress.com

LACONIA – It's been quite a summer for the Nor'Easter 18U softball team. The squad, which has posted a plethora of top four finishes during the tournament season, saw the long journey wind back home last weekend at the 2016 Nor'Easter Classic throughout the Lakes Region.

The home tournament kicked off Friday night under the lights at Memorial Park in a game that showcased how truly bizarre the summer tournament season can be. Trailing 3-0, the Nor'Easters battled back in the second inning with a pair of runs to get within 3-2. Laconia's Erika Marchione singled and took second on a sacrifice bunt by fellow Laconia resident Cali Stormstedt. Gilford's Stevie Orton came through, as her line shot to center field was dropped with two outs, allowing Marchione to score. Josie Bentlage singled home Orton to make it 3-2.

With Gilford's Sarah Lachapelle settling down in the pitching circle, along with the pitching work of Brianna McGrath (Lisbon), the Nor'Easters looked to have its opponent Rage (Mass.) on the ropes. But Mother Nature proved to be the ultimate closer for Rage, as lightning halted the game after just 3.5 innings, and action was ultimately called with Nor'Easters dropping a 3-2 decision in the opener.

The early deficit was not unusual for the Nor'Easters this summer, as the squad has found itself in early holes in countless events throughout New England before ultimately managing to battle back. Entering the Nor'Easter Classic, the team had a sterling 12-5-1 record overall.

"There have been some big holes this summer but I'll tell you what, these girls have a knack for coming back and they just haven't quit each and every time out," said Nor'Easter head coach Fern Beaudet. "I even felt good about this game even when we were down 3-0. The chemistry is just outstanding and they've gotten better and better



JEFF LAJOIE

Gilford's Sarah Lachapelle tosses a pitch during pool play for the Nor'Easter 18U softball team in the 2016 Nor'Easter Classic against the Rage (Mass.) on Friday night under the lights at Memorial Park in Laconia.

each week."

Chemistry has indeed been a key to success for the Nor'Easters this summer. For several players, this summer marked a return to the club many softball players began playing for years ago.

"It's been kind of going back to my roots," said Lachapelle, who graduated from Gilford High School this spring and played with the club on the 12U team before leaving for other clubs. Lachapelle will try out for the softball team at the University of New England. "It's close to home, I knew most everyone on the team going in... I've graduated now so I really wanted a summer to just play softball and enjoy it."

Moultonborough's Maddy Greene, who will play collegiately at the University of Southern Maine, was a fixture on Nor'Easter rosters during her younger days. She left and was a member of the Concord Cannons before returning to the local club.

"It feels good to come back and play in a familiar situation with girls I know," Greene explained. "And our chemistry has just been so good. I think that's the strongest part of our team."

Gilford rising senior Stevie Orton has spent her first summer with the Nor'Easters, and the

catcher said the experience will undoubtedly be a big help moving forward with her senior year approaching.

"This past year was the first year I ever caught so I figured it would be good practice behind the plate getting ready for next year," she explained.

The Nor'Easter pitching staff has been a big reason for its success, with Lachapelle, McGrath, Greene and Bristol's Amanda Johnston, who started at first base in the Classic opening game, all contributing key innings for the club this summer.

"I did a lot of recruiting this winter and the goal was really to get more pitching so we would have multiple options and we definitely have found that," offered Beaudet. "And overall, I've got 11 good players who I can mix and match in a variety of positions so it's been great to have that flexibility."

Playing in the club's home tournament was indeed special for the Nor'Easters. The event featured 56 teams in four divisions, with the competition arguably as tough as it's ever been.

"This tournament, personally, has always meant something to me," said Greene. "There's just always such good vibes here. The teams are good and the weekend is just fun, playing back home."

The Nor'Easters rebounded after the opening loss with a 6-1 win over Vermont Metal & Leather, though Pool A play came to an end with a 3-0 loss to the NH Lightning Black.

In Sunday's final day of competition, the Nor'Easters put together its best performance



JEFF LAJOIE

Gilford's Stevie Orton jogs back behind the plate after a trip to the pitching circle for the Nor'Easter 18U softball team on Friday night.



JEFF LAJOIE

The Gilford battery tandem of Sarah Lachapelle and Stevie Orton meet during a timeout in the team's pool play game on Friday night in Laconia.

of the weekend in a 6-1 victory over a red-hot Dover Xtreme side in single elimination play to advance to the quarterfinals. That set the stage for a tilt against the Northeast Hurricanes Black, with a spot in the semifinals on the line. The Nor'Easters led 3-2 after four innings, as Lachapelle singled and eventually scored on a Johnston RBI hit in the home half of the fourth.

But the Hurricanes Black scored an unearned run in the top of the fifth to tie the game, and they pushed across two in the top of the seventh with two outs to take a 5-3 lead that would ultimately hold.

Lachapelle tossed the first five innings in the circle for the Nor'Easters, while Greene finished out the contest. The defensive effort ultimately fell short, as the club allowed three unearned runs on the afternoon.

Gilford rising junior Jillian Lachapelle led her Comets Blue 16U team to a semifinal

showing over the weekend. Lachapelle, who hit a grand slam during the Nor'Easter Tournament, saw her squad post a perfect 3-0 record in pool play before knocking off the Nor'Easter 16U team, 10-6, in the Round of 16 and adding a 1-0 win over

the Vermont Cougars in the quarters. The run came to a close just one game from the title tilt however, with the Rhode Island Aftershock snagging a 9-5 victory in the semifinals at Opechee Park in Laconia on Sunday afternoon.

Register for fall flag football season

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For Fall 2016 season, practices for the U8, U10 and U12 divisions are one hour per week, typically on Wednesday nights, while the U6 and U15 divisions will practice on game days. Games are one hour long and are played primarily on Sunday afternoons at the Inter-Lakes High School turf field in Meredith.

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JEFF LAJOIE

Gilford's Jordan Dean captured the Division II Player of the Year last fall after leading the Golden Eagles to an undefeated season and a state championship. The three-sport star will play volleyball at NCAA Division II St. Michael's College in Colchester, Vt. this fall.



JEFF LAJOIE

Jordan Dean's winning ways continued over the winter, where she started and helped the Eagles to a D-III state title on the basketball court.



JEFF LAJOIE

While knee surgery kept her off the field this spring, Jordan Dean also played softball for Gilford during her standout high school career.

After unforgettable senior season, Dean set for St. Mike's

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD — Success followed Jordan Dean during her senior year.

Forty-two wins, zero losses to be exact.

Despite undergoing knee surgery in mid-April that sidelined her for the spring softball season, the Gilford High School standout likes to point out that she did not lose a single game during her final year in a Golden Eagle uniform. Dean led Gilford to state championships in both volleyball and basketball, with the two teams combining for a ridiculous 42-0 record.

"To be honest, its extremely surreal," she said of the level of success. "Still, even after a few months, I almost can't believe that happened. After we won in volleyball, we talked about how we might as well just win the basketball title too but I never thought it would happen the way it did. I couldn't script a better senior year."

Dean's athletic prowess will take her to NCAA Division II St. Michael's College in Colchester, Vt. this fall, where she'll play volleyball for the Purple Knights and study biochemistry. Her path to St. Mike's came a bit out of nowhere, as she said she hadn't even considered the school until after winning its book award during her junior year.

"It was kind of on the low end of my radar initially but being able to play volleyball really made a difference in deciding to go there," Dean explained. "I played club volleyball with one of the girls on the team now so that was a start. Their coach came and watched me at a couple club tournaments and we stayed

in touch from there. I like the location, being right next to Burlington. It's got a community feel on campus which was great and everyone seemed super happy about the education they were getting."

Dean, who also looked at Tufts, Boston College and Purdue as potential landing spots, went for an overnight to St. Mike's and made the decision to attend in early spring. The program, which is undergoing a coaching change, plays one away match in New Hampshire this fall at Franklin Pierce (Nov. 1). The Knights host Saint Anselm and SNHU in 2016.

The program posted an historic season in 2015, coming within one victory of its 21-year-old record for league wins and tying for the sixth-highest overall win total.

"They've been growing the past couple of years," said Dean of the program. "Last year was a big step for them."

Dean, who reports for school and preseason on Aug. 16, is still recovering from microfracture knee surgery. She can't run or jump until August, though she has high hopes that she'll be ready to go at the beginning of the season.

While the step up to the college game will be a transition, Dean is well-prepared based on her storied career at GHS. After winning a state title her freshman year, she suffered a pair of Final Four losses before reclaiming the top spot during her senior campaign.

"Going in, we had a lot of pressure on us," recalled Dean. "We always have a target on our back with the history (of Gilford). But I think (coach)

Joan (Forge) does a good job preparing us for that. She's really in-tune with the mental game, visualization and all that."

To go out on top with an undefeated season and state title her senior year was truly the cherry on top.

"No matter what happens, senior year is always the year you want to get (a championship)," she admitted. "After my freshman year, we graduated nine seniors. So we built up to that senior year team. Everyone wanted it so much more. It was basically the same team junior and senior year but the drive was a lot more, knowing it was our last year."

Gilford needed five sets to dispatch of Somers-

worth in the championship, setting the stage for what was a tense final few points.

"We had taken the first two sets and felt pretty comfy so when that fifth set comes around, I started feeling pretty nervous," she recalled. "When we came out fast though (in the fifth), I felt comfortable. I'm used to focusing in and drowning out the fans and not letting them get to me. A lot of times I don't even hear them."

After all was said and done, Dean, an outside hitter, was tabbed as the Division II Player of the Year.

"I was really surprised. Joan had told me that she wanted to put me up for it before the year

so I really worked hard leading up to the season," she said.

The good times kept rolling into the basketball season, where she helped lead the Eagles to another undefeated campaign and yet another state title.

"Losing the championship (the year before) benefited us, I think, because it made it that much more special and made us want it more," she said. "Going into the season, we all kind of knew we had the potential to do it but we had to work hard. Junior year we flew under the radar and no one really expected much from us. But we had the same team back so the stakes went up."

With her GHS career

now officially behind her, Dean said the feeling of no longer wearing her school colors in competition will be a bit strange.

"I remember after my surgery, I realized that Gilford sports are done for me," she said. "It hasn't hit me really yet still. I won't ever play in this gym again. The next time I come in here, it will be to come back and watch. I can't imagine not playing."

"I definitely am proud to say I went to Gilford," she continued. "We've set a positive reputation of ourselves in this community and outside communities. We make a difference and I'm proud to say that I wouldn't have wanted to go to any other school."

SWARTHOUT

(Continued from Page B1)

decided I wanted to get better, that's when everything clicked."

Still, freshman year wasn't smooth sailing for Swarthout. He consistently occupied the third, fourth or fifth scoring slot for Gilford, shooting in the high 40s. A true competitor, he made the decision to dedicate himself to the sport.

"Going into my sophomore year, I wanted to be the best on the team because I hated being mediocre," he recalled.

Swarthout worked his way into the number one spot out of the gates as a sophomore, but there were struggles to be had. His first match of the season yielded poor results, and he had some issues keeping pace with the opposing team's top players.

"I was getting blown out of the water by everyone I was playing with," he said with a laugh. "So I stayed late at practice throughout the season and tried to be more competitive because what I was doing, I couldn't stand it."

His game improved markedly, and more than anything, he became a consistent player. Success followed the rest of his sophomore year and into his junior campaign, though a poor performance at the state championship his junior season nearly derailed everything.

"I missed the cut for individuals by one stroke my junior year," began Swarthout. "I had been preparing for it all year and I never really thought about what

I was doing because in my mind I was already getting ready for Day 2. It took me about a solid month to get over that. I was upset, and my mind was not as strong as I needed it to be to grind through a round like that."

Fast-forward to his senior year however, and Swarthout had come charging back. He fired a team-best round of 76 at the state championship, avenging his previous state performance and guiding the Eagles to a fourth place team performance.

The shift to the college game will bring longer courses and tougher conditions, though Swarthout is excited about the challenge of taking his game to the next level.

"The courses are generally 500 to 600 yards longer so I definitely need to get my iron game as strong as I can," he explained. "I'm not going to be having a pitching wedge into every green like I have in the past. I've been playing six days a week, working on different parts of my game to get ready."

"But I'm very excited," he continued. "The top three players from Husson averaged a little over par, 75s every tournament, and that's my goal. I want to be in that top four mix right off the bat."

Husson plays a fall and spring split schedule, with the conference championship slated for October and the NCAA Tournament set for the spring.

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The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

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Houses For Rent

WOLFEBORO; walk to village, 6 room 2 bedroom Cape. Screened in porch, deck overlooking cross country trails \$1,400/month plus utilities. Non smokers, references, and security deposit required. Please call (617)686-0158 or (202)288-6035

Mobile Home For Rent

Wakefield - 3 bedroom 2 bath mobile home, large lot near Pine River Pond. \$1,050/mo plus utilities. 3 person maximum tenancy. No smoking or pets. References, credit check, lease. Call 207-899-7868.

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\$29,995, 2 bed.
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119 Old Village Road Northumberland, NH

2 story Colonial on 2.3 acres with 2,352 square ft of living area, built 1989, 4 bdms, 2.5 baths, first floor laundry room w/chute from second floor. Large Living Room, Foyer, large Kitchen w/appliances, extra room in Master Suite can be used as a nursery or home office. New Heating system installed 6/2016. Beautiful 50 ft wrap around porch with attached gazebo, 32' x 32' two bay attached garage, additional 14 x 20 outbuilding provides plenty of room to store your toys. Well maintained and landscaped with many trees, including several apple trees and a large garden space. Enjoy nearby skiing and direct access to NH snowmobile trail 5 and Vermont/ VAST trail/ bridge crossing into Guildhall, VT. **Motivated seller at \$188,888.**

Contact me at **brucepelleter4@gmail.com** or **603.326.8175**



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New Listing \$169,000!

Water Access Chalet in Alton, NH! 3 levels and 1696sq ft of finished living space, 2 bedrooms and 1.5 baths. Unique features throughout were incorporated with reclaimed materials, gas fireplace, wood floors throughout, tin ceilings in kitchen. All a short walk to a beautiful association sandy beach on Hills Pond, boat launches, access to Sunset Lake, 5 Beaches total with room for kayaks and canoes.

Lake Winni Access Log Home in Wolfeboro! State of the art luxury log home with shared Lake Winnepesaukee access features one level living, sleek radiant heated and stained concrete floors, fireplace, granite and stainless kitchen. Short 3 minute walk to a magnificent sandy beach, moorings and dock.

Check out Wolfeboro Bay at: www.wolfecam.com

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Laconia: New custom-craftsman home with gorgeous lake and mountain views located in the prestigious Meredith Bay association. 4-bdms, 4-baths, 7,127 sqft. total living space with many flawless upgrades. Assoc. includes access to Meredith Bay's new fitness center, heated pool and hot tub, tennis courts, "Kayak Cove" and many other great amenities. **\$1,395,000 MLS#4505660**

Laconia: 4-bdrm home with 4-baths and 3,798 sqft. 3 FPs, HW flooring and original wood accents. Glassed-in porch on the second floor and the property also includes a charming 3-story barn. **\$279,900 MLS#4504505**

Gilford: Private log cabin home with detached barn/garage on 4.11 acres. Cathedral ceilings, wood stove and loft are just a few of the features. Town beach rights to 1700' on Lake Winnepesaukee. **\$229,000 MLS#4504744**

Meredith: 3.77 acre lot in Waldron Bay on Lake Winnisquam. Driveway entrance already excavated, culverts and drainage systems have been installed. Assoc. includes clubhouse, 872' sandy beach and more! **\$96,900 MLS#4472566**

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LAKE WINNEPESAUKEE 5BR home in Wolfeboro on a spectacular 3.3 acre property w/240' waterfront overlooking the Broads; boathouse deck has breathtaking views up to Moultonborough - down to Alton, exceptional 2BR guesthouse overlooking pond.
\$2,100,000 (4432791) Call 569-3128

MASTERFULLY restored country estate property in Tuftonboro on 78 private acres, 1805 Colonial home with 5 bedrooms, barn and stalls for horses, in-ground pool, beautiful gardens, views and multiple outbuildings.
\$1,425,000 (4444038) Call 569-3128

RARE 350' Lake Winnepesaukee waterfront in Moultonborough on 1-acre w/a 3 bedroom cottage + bonus sleeping cottage, sugar sand beach w/permanent U-shaped dock, westerly exposure...this is a special property!
\$930,000 (4486786) Call 253-9360

MELODY ISL. - ALTON // Captivating - 500' ftg., peninsula. 4BR contemporary, water views from every room. Grand FP. Boathouse, 10x50 crib dock, custom docking. Privacy, sunrise, sunsets, wildlife, 100' natural sand swimming. VIEWS. Rare offering.
\$949,000 (4483500) Call 569-3128

MEREDITH // Large 3-story Colonial on 4 acres. 3-4BR's, open concept, lake views, pool, 2-car garage. Finished walkout basement. Private. Great lake and mountain views.
\$329,900 (4466545) Call 253-9360

WOLFEBORO // Bayview Condo - Upper level unit with a deep-water dock. Great views of Wolfeboro Bay, islands & mountains. Easy walk to downtown shopping & dining. Ideal location with parking.
\$279,900 (4470242) Call 875-3128

GILMANTON // Pristine 3 BR / 2 BA Dormered Cape on 5 acres. Abuts 253 acre town forest. Heated 2 car garage/workshop, paved drive, partially fenced, room to garden!
\$269,000 (4475372) Call 875-3128

HOLDERNES // Squam Lake year round 2 Bedroom cottage with 24' dock, sandy beach and a wonderful association. Large patio by the lake, FHA furnace, community water and septic.
\$249,900 (4475519) Call 253-9360

ALTON BAY // This is a great little camp, everything is newly renovated, and it comes completely furnished! Beach rights on Sunset Lake and Hill's Pond.
\$113,000 (4407254) Call 875-3128

BEAR ISL. - MEREDITH // Spacious 1.56 acre building lot on historic Bear Island. Electric installed at lot. Building area cleared. 126.50' of waterfront, partial sandy bottom. 180 degree view incl. 3 Mtn. ranges. It's time to build!
\$182,000 (4485698) Call 569-3128

LAND and ACREAGE

NEW DURHAM // Beautiful crystal clear Merrymeeting Lake. This parcel offers two lots of record w/200' of lake frontage and .94 acres. Fantastic long sweeping views and southwest exposure.
\$325,000 (4478920) Call 875-3128

ALTON // This 15 acre lot has 2,850' of state and town road frontage with subdivision potential. Farm property close to Wolfeboro & Roberts Cove.
\$265,000 (4405724) Call 875-3128

MOULTONBOROUGH // Wow!! Look at the new low price on this land! Located in a fantastic neighborhood in low tax Moultonborough. Expired 3BR septic design. Great location - check it out!!!
\$39,900 (4468836) Call 253-9360

MOULTONBOROUGH // This 16' boat slip located in Quayside Yacht Club offers members use of a Clubhouse, Pavilion and bathrooms. Close to a beautiful town beach on the Big Lake!
\$30,000 (4483023) Call 253-9360

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Moultonboro, \$1,195,000 #4504160
Prow-front A-Frame home on large private parcel of land, long dock, quiet location, nice views, open concept home with first floor master, plus guest suite, barn and detached garage.
Janet Cramer 603-707-2771



Campton \$574,900 #4493641
Beautifully set on a knoll with expansive views through out Franconia Notch is this spacious contemporary overlooking the golf course.
Adrienne Michaud 581-2825



Moultonboro \$424,900 #4474631
A three story condo in a beautifully kept 1800s mansion in the waterfront community of Lands End. Only twenty units share all the amenities, 53 landscaped and wooded acres, 28' deeded dock.
Krista Karan 603-630-3586



Sandwich, \$340,000 #4492973
Restored 1850s Antique Cape on 7.7 wooded acres, abutting Bear Camp river. Original wood floors and built ins compliment the modern kitchen, mahogany screened in porch and stone walls.
Huser/Fields



Laconia \$298,500 #4472288
Set back from the road is this 3 BR, 3 BA Colonial w/ updated kitchen, newly expanded master bedroom plus enjoy Winnisquam Beach rights.
Shelly Brewer 581-2879



Moultonboro \$294,900 #4504091
Location Location Location, 3 bedroom 3 bath cape with attached 2 car garage. Walk to Center Harbor Beach on Lake Winnisquam, close to all Lakes Region amenities, custom kitchen, finished basement.
Bruno Coppola 603-244-9544



Holderness, \$265,000 #4501145
Great location only minutes from I-93 and Plymouth. Very private area a few miles up from Holderness School. A year round babbling brook borders the property.
Bill Richards 603-253-4345



Meredith, \$239,000 #4500557
MEREDITH NH great location with quick walk to Lake Winnisquam. Three bedrooms, two baths, finished lower level, fire pit, horseshoe pit, shed.
Bruno Coppola 603-244-9544



Belmont \$225,000 #4502716
Country Cape with 4 BR, 2 BA and finished basement set on 2.9 acres in a quiet rural setting, yet close to shopping and I-93.
Dean Eastman 581-2842 & Kellie Eastman 581-2836



Laconia \$204,000 #4461119
This great condo has a perfect floor plan with a first floor master bedroom. Amenities inc. pool, tennis and day dock on Paugus Bay.
Judy McShane 581-2800



Belmont \$204,000 #4503546
Quite private setting on town sewer is this great 2 family with many different opportunities. Many upgrades and long term tenants.
Judy McShane 581-2800



Meredith, \$194,900 #4501834
Gorgeous end unit that was formerly the model unit, everything is upgraded and beautiful. Close to Waukegan town beach, desirable downtown Meredith and I-93.
Ellen Mulligan 603-387-0369



Tamworth, \$105,000 #4482460
This home is located on a beautiful lot with a spacious floor plan. The log barn is a detached large 2 story garage with plenty of storage & work shop area.
Adrien Labrie 603-455-5511



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Gilmanston \$103,000 #4503433
Adorable cottage at an affordable price and is located across the street from the beach. Enjoy the water view from the enclosed porch.
Ellen Mulligan 603-387-0369

www.NewEnglandMoves.com

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NEW 14 WIDES	\$29,995 56' 2 bed	\$34,995 66' 3 bed, 2 bath	\$38,995 66' 2 bed	\$43,995 76' 3 bed, 2 bath	\$32,995 66' 3 bed
DOUBLE WIDES	\$49,995 44' 3 bed, 2 bath	\$56,995 44' 3 bed, 2 bath	\$61,000 48' 3 bed, 2 bath	\$69,995 56' 3 bed, 2 bath	\$64,995 48' 3 bed, 2 bath

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Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.

Check Yourself:
www.checkyourself.com
A place for teens to check where they are with drugs and alcohol.

Confidential, 24 hour 211

Friends and peers

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."

The Law

Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.

Buying or supplying tobacco to anyone under 18 is also a punishable offense

If there is alcohol at a party, LEAVE.
Keep your social environment alcohol-free.

Peers
Children often think that other people their age are drinking and smoking regularly, but most are not.

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- **1945:** THE U.S.S. INDIANAPOLIS IS SUNK BY THE JAPANESE SUBMARINE I-58
- **1990:** NEW YORK YANKEES OWNER GEORGE STEINBRENNER IS FORCED TO RESIGN HIS POSITION AS PRINCIPAL PARTNER OF THE TEAM

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Price on register display 2. Pink box has design 3. Woman's shirt 4. Missing box on the right

New word

CREDIT

the ability to obtain goods before payment

GET THE PICTURE?



CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: CASH REGISTER

PEOPLE FACT:

TRUE OR FALSE?
CUSTOMERS BETWEEN THE AGES OF 25 AND 34 LEAD THE WAY IN IN-STORE SMARTPHONE USAGE TO COMPARE PRICES AND READ REVIEWS



ANSWER: TRUE

Did You Know?

MORE THAN HALF OF CONSUMERS SURVEYED THINK THAT CUSTOMER SERVICE IS MORE IMPORTANT THAN PRICE WHEN CHOOSING A BRAND.



How they SAY that in...

- ENGLISH:** Store
- SPANISH:** Tienda
- ITALIAN:** Negozio
- FRENCH:** Magasin
- GERMAN:** Laden

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\$234 /36 MO*
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2016 SOUL

Manual



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Customer Cash Rebate -\$1000

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