



THURSDAY, MAY 19, 2016

GILFORD, N.H. - FREE

# Former basketball star talks self esteem, substance abuse with students

BY ERIN PLUMMER  
eplummer@salmonpress.com

After a star basketball career and years of struggling with addiction, Chris Herren shared his story with high schoolers from across the region at a special presentation at Meadowbrook.

Freshmen and sophomores from across the Lakes Region and beyond came to Bank of New Hampshire Pavilion on May 10 for a special presentation aimed at keeping kids from falling into substance abuse.

Chris Herren played on a number of professional basketball teams, including the Boston Celtics. He started as a star basketball player for Durfee High School in Fall River, Mass. and a book was written about him and 14 of his teammates. Herren said seven of those team members, including himself, became heroin addicts.

Herren grew up with an alcoholic father and said he made a promise at 13 that he wouldn't be like that. He broke it when he started drinking his dad's beer.

"I knew in my heart it was unaddressed sadness," Herren said. "I knew there was nothing cool about drinking the



ERIN PLUMMER

Chris Herren talks to Lakes Region students during a special presentation at Meadowbrook.

beer that hurt my family."

Herren said he remembered as a teenager he would get together with his friends and drink in people's basements and smoke marijuana in the woods. He said he remember thinking it was okay to laugh at the students who did not drink or use drugs, though "these kids had something we're missing."

"Their mom and dad know exactly who they are," Herren said. "On

Friday and Saturday nights, they're good enough; we're not."

Herren said he always remembers one presentation on drugs they showed in high school and he said he remembered begging his mother to allow him not to go to school that day, though she insisted he go. He said he and his friends hung out in the back and joked about what was being said, saying he would "never be that guy."

"All I do is drink and



ERIN PLUMMER

Students from Gilford, Farmington and many other districts file into Meadowbrook for a special presentation by Chris Herren.

smoke on weekends, that's where my partying will always begin and end," Herren recalled thinking.

By 18 he tried cocaine, by 22 he had a \$25,000 a month Oxycontin habit. Two years later he started using heroin. Herren said he used heroin for

eight years and overdosed four times. He has been clean for eight years.

"Over the last five years, I have dedicated my life to traveling across the country sharing my story," Herren said.

Herren said the focus

of these presentations should be on the students themselves and where addiction begins and not on where it ends.

Herren has spoken to kids who have lost friends and family members to drugs and alcohol

SEE HERREN PAGE A12

## Gilford accepts fireboat donation

BY ERIN PLUMMER  
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The Gilford Board of selectmen voted to accept the Portsmouth Fire Department's donation of a new fireboat.

The selectmen present at the meeting voted in favor of accepting the boat following a public hearing during Wednesday's meeting.

The boat is a 30-foot

2006 MetalCraft with twin jet drives, a rooftop mounted master stream nozzle, a water level swim platform, and a heated cabin among other features.

Portsmouth bought the boat with a \$350,000 Homeland Security grant, though the department decided the boat did not meet its needs. According to the min-

utes of the April 12 meeting of the Portsmouth Fire Commission, the department realized the level of calls and activity was lower than anticipated. There were also concerns about high maintenance costs. There was also discussion on getting a smaller boat that could access smaller waterbodies the Coast Guard couldn't reach. The city had the option of transferring ownership to another agency or returning the boat to the state. Portsmouth Fire Chief Stephen Achilles offered the boat to Gilford.

The proposal came to the Gilford board of selectmen at the April 27 meeting for a public hearing on May 11.

A new fireboat was on Gilford's Capital Improvements Plan for 2017 estimated at \$200,000.

Carrier said officials in Portsmouth had discussed not offering the boat, but the Fire Commission and the city council both decided to continue the process.

"What was fairly negative in the past week or so was turned into something positive," Carrier said.

There have been concerns about the cost of

SEE FIRE BOAT PAGE A13

## Holiday makes for early deadlines

MEREDITH — The offices of the Gilford Steamer, located at 5 Water St. in Meredith, will be closed Monday, May 30 in observance of Memorial Day.

To ensure that our June 2 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication the week of June 2 has been moved up one business day, to Friday, May 27 at 4 p.m. Submissions are welcome in person

at our office or by e-mail at steamer@salmonpress.com.

Please note that any submissions received after 4 p.m. on the 27th will be held for publication on June 9.

For information regarding the holiday deadlines for display advertising, please contact our Sales Representative, Maureen Padula, at 569-3126 or sales assistant Beth Tobyne at 279-4516 or beth@salmonpress.com.

The staff of the Gilford Steamer wishes our readers a safe and happy Memorial Day.

## New assistant principal prepares to take the reins at GES/GMS



ERIN PLUMMER

Sean Walsh, shown here at the STEM Expo at Gilford Elementary School, will become the new assistant principal of GES and Gilford Middle School.

BY ERIN PLUMMER  
eplummer@salmonpress.com

The assistant principal of Gilford Elementary School and Gilford Middle School has taken a position in another district, and

a current technology teacher will take her place.

Kara Lamontagne has been hired as the principal of Merrimack Valley High School in Penacook.

After an application and interview process the Gilford School Board voted in favor of hiring Sean Walsh in the joint role of assistant principal of GES

SEE WALSH PAGE A12



COURTESY

## LRGHealthcare sponsors Leadership Group

LRGHealthcare recently signed on to again sponsor the annual Health Issues Day for the non-profit group Leadership Lakes Region. Pictured at the beginning of the day are keynote speaker, Marge Kerns, (second left) Vice President of Clinical Services who welcomed the class of 24 area professionals to the hospital. With Mrs. Kerns are LRGHealthcare employees Roy Roberts, Director of Occupational Health Services, Sally Minkow, Director of Education Services and Corey Gately, Substance Abuse Counselor in Occupational Health Services. It is noteworthy that Kerns, Minkow, and Roberts are all graduates of the Leadership Lakes Region Program while Gately will graduate this month. Program Coordinator, Jennifer McLean expressed, on behalf of the Leadership Lakes Board, sincere thanks to LRGHealthcare for their annual sponsorship.

# Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

The Summer Reading Program is an enormous endeavor, with guest talks, prizes, books, programs, and unique materials. Running a program as successful as the Summer Reading Program involves several moving parts, including the staff, volunteers, and, critically, the financial and volunteer support by the Friends of the Gilford Public Library. The Friends finance the entire summer reading program, in addition to a host of other programs and materials throughout the year, without which the program would either not exist, or would cut deeply into the library budget for new materials and programs.

The support of the Friends is essential to the success of the library, and they are a wonderful group of people to boot. I am pleased to have Blandine Shallow, the new President of the Friends of the Gilford Public Library, here to talk about the group, their purpose, and their contributions. Blandine,

thank you for helping out the library in your role as President of the Friends. How would you describe what the Friends are trying to do?

**Blandine:** The Friends have a definite purpose in helping the library give the best possible service. The Friends do not only provide support to the Library through annual membership dues and proceeds from the annual pie and book sale held on Old Home Day—the Friends extend the circle of contacts in the community with their eagerness, enthusiasm, and assistance in a variety of ways.

**Mark:** There are so many programs that the Friends support, both financially and with volunteerism. Would you highlight a few for us?

**Blandine:** As you indicated, the Friends provide funding and volunteers for programs throughout the year. This includes: monthly programs, including demonstrations, lectures, and

classes; the Annual Summer Reading Programs for all ages with weekly prizes; free and discounted passes to 14 New Hampshire and Massachusetts Museums; and the Annual Old Home Day Pie, Ice Cream, and Bake Sale.

**Mark:** As the new President, what are you excited about in the future of the Friends and the Library?

**Blandine:** I look forward to growing our membership. Many of the programs depend on the Friends for funding. For me personally, having moved to this area in 2010, the library has been a great venue to meet people, learn about the area and get involved in the community.

**Mark:** For those who want to get involved, how does one join the Friends? What would you say to them?

**Blandine:** The Friends meet on the second Wednesday of each month at 4 p.m. at the Gilford Public Library. The meetings last about one hour and anyone is welcome to attend. For those who cannot attend meetings, there are plenty of opportunities to volunteer at the library, in the bookstore, and on Old Home Day weekend. If any of these do not fit into your busy schedule, you may want to support us financially by donating anytime during the year or during our annual membership drive.

**Mark:** Thank you

again, Blandine, for taking the time to share your enthusiasm with the community.

**Blandine:** Happy to be here.

## Classes & Special Events May 19 to 26

**Thursday, May 19**  
Play and Learn,  
10:30-11:15 a.m.

Bring your child, ages newborn to five, to this special sign-up playgroup. A new activity will be offered each week.

**Brown Bag Book Discussion.** 12:30-1:30 p.m.

This month's book is *The Martian* by Andy Weir described as "smart, funny, and white-knuckle intense. *The Martian* is everything you want from a novel." Led by Mark Thomas, copies of the book will be available at the Circulation Desk.

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

**Tales for Tails,** 3:30-4:30 p.m.

**Coloring Club for Kids,** 3:30-4:30 p.m.

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

**Fly-Tying with Dennis Caldwell,** 5-6:30 p.m.

Are you interested in learning fly tying? Dennis Caldwell, a Gilford local, will be here to teach any and all ages how to tie a fly. Bring your own vise, or supplies, but there will be available supplies as well. Sign up at the front desk with your library card!

**Evening Discussion.** 6:30-7:30 p.m.

This month's book is *"The Martian"* by

Andy Weir, described as "smart, funny, and white-knuckle intense. *The Martian* is everything you want from a novel." Led by Mark Thomas, copies of the book will be available at the Circulation Desk.

**Friday, May 20**  
Storytime, 10:30-11:15 a.m.

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

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

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

**Monday, May 23**  
**Mahjong,** 12:30-3 p.m.

**Lego Legion,** 3:30-4:30 p.m.

**Evening Line Dancing,** 6-7:30 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 6 p.m., as the skill level will increase as the evening goes on. Beginners will dance 6-6:40 p.m., and more experienced dancers will dance from 6:50 to 7:30 p.m.

**Tuesday, May 24**  
**Social Bridge,** 10:30 a.m.-12:30 p.m.

**Lapsit Storytime,** 10:30-11 a.m.

**Storytime,** 11:15-11:45 a.m.

**Makerspace: Cooking,** 3:15-4:30 p.m.

This month's Makerspace theme is cooking! Eight- to-11-year olds are invited to sign up for this three week

program meeting May 10, 17, and 24 from 3:15-4:30 p.m. May 10 and 24 will take place at the Gilford Public Library, while the May 17 session will meet at the Gilford Youth Center. Put on by the Gilford Public Library, the Gilford Youth Center, and the Gilford Parks and Rec.

**Nightly Knitting,** 6-8 p.m.

**Author Aimee Fogg,** 6:30-7:30 p.m.

Author and historian Amy Fogg will be here to share stories and photos from her project *They Speak: Voices of Henri-Chapelle American Cemetery*. Aimee and her project are dedicated to telling the stories of the men of Henri-Chapelle, remembering their lives, and honoring their sacrifices. Come learn more about these amazing men with a presentation and Q&A with the author.

**Wednesday, May 25**  
**Line Dancing,** 9-10:30 a.m.

**Check Out and Expert,** 10 a.m.-noon

**Early Release Movie for Teens,** 12:30-2:30 p.m.

Teens are invited to watch *"The 5th Wave"* at the library during early release.

**Early Release Fairy Houses and Critter Shelters**

Join us to search in the woods for hidden critter shelters, and then build your own fairy house! For K-4th, sign up required.

**Magic the Gathering Club,** 3-4 p.m.

## Gilford Public Library Top Ten Requests

1. "The Last Mile by David Baldacci
2. "15th Affair" by James Patterson
3. "The Summer Before the War" by Helen Simonson
4. "When Breath Becomes Air" by Paul Kalanithi
5. "The Nightingale" by Kristin Hannah
6. "Me Before You" by Jojo Moyes
7. "The Obsession" by Nora Roberts
8. "My Brilliant Friend" by Elena Ferrante
9. "Glory Over Everything" by Kathleen Grissom
10. "Lilac Girls" by Martha Hall Kelly

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## GILFORD POLICE LOG

The Gilford Police Department responded to 118 calls for service and made the following arrests from May 9-11. The rest of the department's logs for the past week were not available as of our press deadline Tuesday morning.

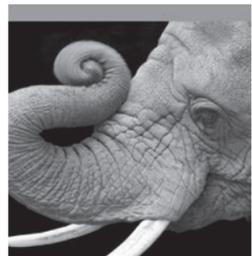
Nichole Brackett, age 27, of Laconia was arrested on May 9 for Theft By Unauthorized Taking or Transfer (Larceny).

Kristopher P. Anttil, age 31, of Gilford was arrested on May 9 on separate counts of Domestic Violence and Domestic Violence; Assault.

Ernest L. Thompson, age 32, of Laconia

was arrested on May 9 for Driving After Revocation or Suspension.

Stephen P. Johnstone, Jr., age 26, of Laconia was arrested on May 11 for Conduct After an Accident.



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**Keeping Your Back Healthy**  
5/19, 5:30-6:30 pm,  
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**Evening Brief On Pain Relief**  
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6/3, 5:30-6:30 pm,  
FRH, FRH  
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**How's Your Balance & Flexibility?**  
6/8, 11:00 am-12:00 pm,  
FRH, Hillside Medical Center  
Call 524-2852

527-7120 LRGHealthcare lrg.org  
Please remember to register! Programs may be cancelled due to low registration.

# Reduce, Re-use, Recycle!

# Gilford examining expanded pay plan

BY ERIN PLUMMER

eplummer@salmonpress.com

With a number of town employees at or close to their highest pay grades, the town is looking at revising its compensation system.

Town administrator Scott Dunn presented the proposed 20-year merit step system to the selectmen during their last two meetings.

Dunn said on Wednesday there are four non-union em-

ployees who have reached their upper limit in steps and seven more could reach that level by 2017.

Dunn said the town's pay plan has not changed since 2009.

"I think that in itself is justification for a change in the plan," Dunn said.

He said the maximum amounts were also never aligned with the consumer price index.

Dunn took the starting figure and developed

a new plan based on a 20-year maximum. In the new plan employees who qualify will get a 2.5 percent merit raise over a 20-year period. When employees reach their max limit there will be a longevity plan.

The cost of this new plan would be around \$6,926.

Dunn said he looked at other pay plans for other towns.

"I think is modest by comparison," Dunn said.

He said by comparison the school district "has the Cadillac of longevity programs."

Selectman Chan Eddy said he could see the reasoning behind the 20-year plan, saying the consumer price index has changed since 2009.

"I like the idea of the longevity plan," Eddy said. "When you do max out, longevity pay does not compound."

He said the level payment in addition to the level salary is the same

amount every year.

Board chair Richard Grenier also spoke in favor of an adjustment. He said smart employees will be looking for a whole career package. He said they have been losing employees, one example being another firefighter going to Nashua. He said maybe this would not be as much the case if they had a 20-year plan and a longevity incentive.

"The cost is minimal to the town," Grenier

said. "If it helps us retain people, I'm in favor of it."

Selectman Gus Benavides was not at Wednesday's meeting. Eddy said he would prefer waiting until Benavides was there before making any decision, though Grenier said they have already "kicked the can down the road for several months."

A decision will be made on this proposal at the next selectmen's meeting.

## GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director  
Gilford Parks & Recreation

### Senior Moment-um Programs

Senior Moment-um Afternoon at the Movies on May 23

The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, May 23. We will meet in the Gilford Community church, Fellowship Hall at noon for a matinee screening of the classic, "On Golden Pond" starring Henry Fonda and Katherine Hepburn. Participants can bring their lunch if they'd like and the Parks and Recreation Department will supply popcorn, candy and drinks for folks to enjoy during the movie. Participants are asked to please RSVP by Thursday, May 19.

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

### Senior Moment-um Dinner and Dance – Senior/Senior Prom on May 25

The Gilford Parks and Recreation Department in conjunction with the GHS Student Council and GHS Interact Club, is sponsoring a Senior/Senior Prom dinner and dancing evening for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, May 25. Participants will meet in the Gilford High School Lobby at 5 p.m. for a sit-down Dinner, followed by a Senior/Senior prom with members of the High School Senior Class at 5:45 p.m. There is no fee for this program, but space is limited and participants must RSVP's with the Parks and Recreation Department no later than Friday, May 20. Participants are also asked to provide song requests in advance.

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

ment at 527-4722.

### Adult Spring Hiking program continues on Tuesday mornings

The Gilford Parks and Recreation Department is sponsoring a series of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. The scheduled hikes continue on May 24 at Locke's Hill in Gilford. Participants will gather at 9 a.m. in the Gilford Town Hall before departing for the hike. All interested participants are asked to RSVP at least one day in advance to each trip. The cost of the hikes is \$1 per person, per hike.

For more information or to RSVP, please contact the Gilford Parks and Rec. Department at 527-4722.

### Tennis programs

The Gilford Parks and Recreation is offering six-week tennis lesson programs for youth and adults ages

five and up this summer on Mondays and Wednesdays from June 27 – Aug. 5. The Lakes Region Tennis Association will be sponsoring free lessons for children ages five to 14. Adult lessons for ages 15 and up will also be available at a cost of \$60 for the session. Session times will be broken up by age. All sessions have limited availability and registrations will be accepted on a first come first served basis. Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

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

### Archery lessons

The Gilford Parks and Recreation Department is sponsoring a four-week session of Olympic Archery instruction, to be led by certified archery instructors from Archery In Motion. This

program will be held on Tuesday afternoon/evenings from July 5 – Aug. 2 (no program on July 19) at the Arthur A. Tilton Ice Rink. The Beginner session will run from 4-5 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages seven years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at [www.gilfordrec.com](http://www.gilfordrec.com). Priority will be given to Gilford Residents.

Cost: \$60 per person and includes all necessary equipment; you may also bring your own equipment (with approval by instructor).

For more information, please contact the Parks and Recreation

Department at 527-4722.

### LetGO YOUR MIND Robotics Camps

The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of June 27 – July 1. The camps will take place at the Gilford Middle School from 9 a.m. – 3 p.m. The "LEGO Space Adventure & Stop Animation" is open to children ages five and a half to nine years of age and the "EV3 Space Robotics, Minecraft & Stop Animation" is open to children ages nine to 14 years of age. Participants can register on-line at [www.letgoyourmind.com](http://www.letgoyourmind.com).

Cost: "LEGO Space Adventures" and "EV3 Space Adventure Robotics" - \$310

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

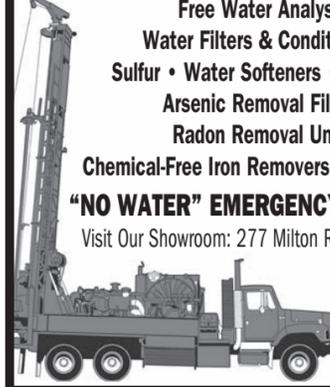
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## Pet of the Week: Conner



Meet Conner, a strikingly handsome, infinitely photogenic Labrador-mix boy.

He likes having his picture taken and frankly, either side is his best side!

He's travelled all the way from Mississippi for a second chance up here in the cool, crisp Granite State where life for dogs is pretty good.

Less than two years old, he is ready to bond with humans who can provide the mental stimulation he needs, he's a smart boy, while at the same time monitor his physical needs, he does have an issue

with his elbow, likely something he has been genetically dealt. Our medical team have assessed him – and pronounced him ready for adoption.

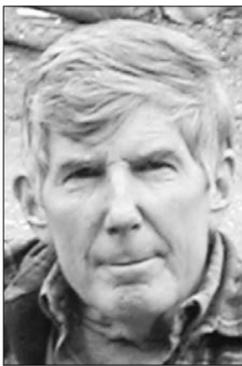
We are sure he would do well in a home without small children, and one where there are no cats, in spite of a funny elbow, he might just find them irresistible.

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## NORTH COUNTRY NOTEBOOK

### *The tale of the heroic male, shredded, alas, by science?*



By JOHN HARRIGAN  
COLUMNIST

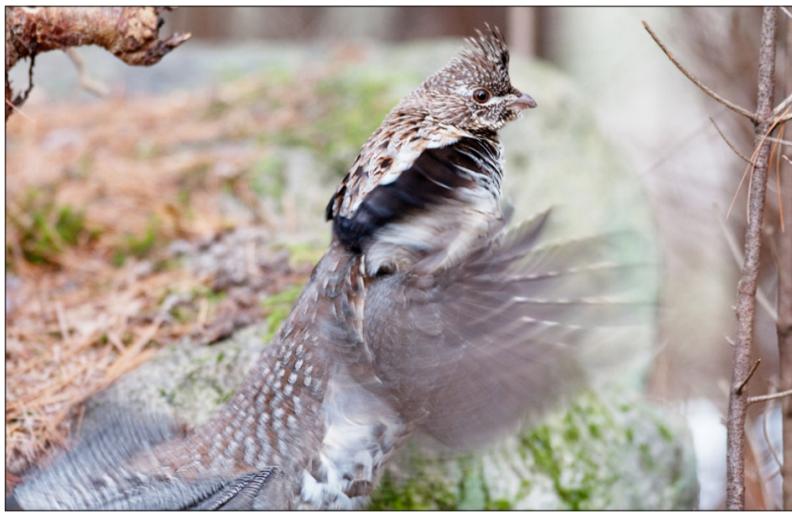
Every year at about this time, I get a telephone call that goes more or less like this:

"South Hill, Harrigan." (This is the way I always answer the phone, because (a) I am an extremely place-based person, and (b) it discourages telemarketers, pollsters and hucksters who want to tell me that I've won a free cruise to North Korea, because they are trained to try to swindle money out of individual people and not to deal with businesses, and so usually they think I'm a company and just hang up. But this caller is not of that ilk, and perseveres.

"Is this Mr. Big Deal Outdoor Writer Harrigan?"

"No, that person has morphed into Mr. Write About Anything He Wants. What's up?"

"Well, I like to walk in the woods and Become One With Nature, and I keep hearing this sound that goes putt-putt-putt, pretty loud, and wondered if you



ROGER IRWIN

A ruffed grouse (partridge), drumming away to attract a female who is apparently smitten by such stuff, as evidenced by a whole bunch of chicks ere spring has sprung.

can tell me what it is."

"Does it sound like someone trying to start an outboard motor?" (This is the kind of question budding biologists are taught in Wildlife 101, right along with the basic scientific question they're supposed to ask when interviewing someone who just saw a tawny, cat-like creature the size of an Irish wolf hound, but with shorter legs: "Did it have a long tail?")

The outboard motor suggestion gets them every time, and they say "Yes! Yes! That's it--an outboard motor sound!"

And then you say--and this is your moment--"What you have, Madam, is one of the true examples of courage in all the Animal Kingdom, a drumming male partridge!" (This will be one of the few flushes of success in your career

as a Learned Outdoor Person. Savor the moment, because the pay is pathetic.)

"Oh," the caller says. "I thought that the proper term is ruffed grouse. You must be from--where do all those bozos live?--Colebrook." And then, just to go along with the Great Unwashed thing, you say "Well, Yup, a-yuck, ahuh, a-yoop, I just like the sound of saying 'Cartridges for partridges,' even though it's technically incorrect for both guns and species," and she starts to hang up but you push on. "What courage this little guy has, what great guts this highly sought by slinking slathering beasts this male of the species displays!" (Unless you haven't caught on here, this entire craven column is about promoting the whole Guy Thing.)

And you go on, into

shoal waters, "Sitting there on a hollow log or in front of a stump, anything that will amplify sound, risking his little life just to attract a female and perpetuate the species. Sitting there beating his little heart out, letting every creature that wants to eat him for supper know exactly where he is! What selfless courage!"

Right about when I was writing this very passage I got a call from a Wildlife Expert and Dear Person, and I foolishly read her the scenario of this piece up to this point, and she said sweetly "I think I saw something somewhere that the drumming sound may be in a pitch out of most predators' range," and suddenly my entire point of praising guys and all went "Poof," and I said "Bummer," or something like that.

And now all I can do SEE NOTEBOOK PAGE A13

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## FROM OUR READERS

### Lions Club Electronic Waste Collection Day was a great success

To the Editor:

The recent Laconia-Gilford Lions Club Electronic Waste Collection Day on April 23 was a great success, and the Club is grateful to all those who brought items and participated in it. Thanks to you, we filled up two large trucks with recyclable electronic items.

Special thanks to Lowe's in Gilford for allowing us to use their parking lot for this fundraiser.

The money that the Lions raised will allow the Club to meet pressing needs in our community including eye exams, eye glasses, eye screening in the

schools, hearing aids, scholarships to graduating Seniors, Lakes Region Community Services, Community Health & Hospice, and assistance to food pantries among other local charities. The Club greatly appreciates all of your support and looks forward to seeing you on Oct. 15 for our fall Electronic Waste fundraiser.

Thank you all.

Marylin Brown  
President  
Laconia-Gilford Lions Club

## Help to preserve our past by supporting Belknap Mill's Fashion & Flair event

To the Editor:

The Lakes Region community has long prided itself on its historic roots. As the President of the Belknap Mill Society, it is clear to me that our cultural heritage says everything about who we are and how we are evolving as a community. It is truly an honor to be among the many Lakes Region citizens who are committed to preserving our past and developing our future.

There are many opportunities for all of us to make contributions in support of these efforts. One fun and easy way to provide support is to attend the Belknap Mill Society's Fashion & Flair event on Sunday, May 22. Fashion & Flair will feature many of our own local celebrities and heroes — people who have enthusias-

tically volunteered to showcase high fashion outfits and accessories on the Belknap Mill's catwalk. Mark Primeau (President of Bank of New Hampshire), Senator Andrew Hosmer, Mayor Ed Engler, Suzanne Rantree of WMUR-TV, and even Laconia's own Police Chief, Chris Adams, and Fire Chief, Ken Erickson are all among our tremendous cast of runway models. We are delighted to feature Bank of New Hampshire as our lead event sponsor. We are also grateful to Nike, Eddie Bauer, Banana Republic and Gap at the Tanger Outlets for providing the fashions for the event. The whole-hearted participation of our volunteers and sponsors echoes the community spirit that saved the historic Belknap Mill more than forty years ago and assures that Fashion & Flair will be an event people talk about for a long time to come.

The afternoon will kick off at 1pm with music, cocktails, hors d'oeuvres and a silent auction, followed by a professional fashion show in the Rose Chertok Gallery on the third floor of the Belknap Mill. All ticket sales will support the Belknap Mill Society's arts and education programs.

Tickets can be purchased online at [www.belknap-mill.org](http://www.belknap-mill.org) or by calling 524-8813.

Please join us in this joyful gathering and celebrate the spirit of community.

We look forward to seeing you all on May 22 at the Belknap Mill.

Allison Ambrose  
On behalf of the Belknap Mill Society  
Laconia

## Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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# '80's Movie Monday Comes to Bank of NH Pavilion Aug. 8!

GILFORD — Bank of New Hampshire Pavilion is excited to announce its first Movie Monday, Aug. 8 featuring “Sixteen Candles” and “The Breakfast Club.” Reserved seating tickets are just \$5

## Gilford Community Band preparing for the 2016 summer concert season

Lyvie Beyrent, Band Director of the Gilford Community Band, is preparing the repertoire for the upcoming Summer Concert Series at the Weeks (Gilford Community) Bandstand. Her focus will be to provide a well-balanced program that will include an assortment of contemporary, Broadway, cinematic, and traditional marching tunes.

The concert series will occur on every other Wednesday evening at 7:30 p.m. starting on June 22, July 6 and 20, Aug. 3 and concluding on Aug. 17. The final summer performance will be

on August 27 at 10 a.m. in the Gilford Old Home Day Parade and at 8 p.m. prior to the Gilford Old Home Day Fireworks. The rain location will be at the Gilford H.S. Performing Arts Center.

Rehearsals will begin on Tuesday, May 17, from 7 to 9 p.m. in the Gilford High School Band Room. The rehearsals will continue on every Tuesday during the concert season, and conclude on Aug. 23.

This is the best time of the concert season for interested new members to join the Community Band; and to be ac-

quainted with the band members and the musical selections. All percussion, woodwind, and brass musicians are invited. All ages and musicians from adjoining towns are welcomed. This is also a great opportunity for any area Middle school and High school students to continue their musical rehearsing during the summer vacation, and to learn from the more experienced musicians.

For more information, please contact Lyvie Beyrent at lbeyrent@sau73.org; or Google the "Gilford Community Band."

per person and go on sale Friday, May 13 at 10 a.m. Get your tickets by calling the Box Office at 293-4700 or log on to [www.BankNH Pavilion.com](http://www.BankNH Pavilion.com).

Experience two of John Hughes' greatest 80's films in high-definition splendor all while partaking in the great Bank of New Hampshire Pavilion outdoor event experience! Join us for a great community event, benefiting the Meadowbrook Charitable Foundation - helping to support our future Rockstars by keeping music and the performing arts in our schools.

Parking and doors open at 5:30 p.m., with “Sixteen Candles” beginning at 6:30 p.m., followed by a short intermission, and closing the night with “The Breakfast Club.” Food and beverage will be available on site (no food/drink will be allowed into the Pavilion). There will be a

live band playing all your '80's favorites on the Magic Hat Stage from 5:30 to 6:30 p.m. and again after the second film.

Director John Hughes practically took over '80's pop cinema, tapping into an unserved audience which connected with suburban teen confusion, unrequited love, and near-absurd humor!

“Sixteen Candles”: With the occasion all but overshadowed by her sister's upcoming wedding, angst-ridden Samantha (Molly Ringwald) faces her 16th birthday with typical adolescent dread. Samantha pines for studly older boy Jake (Michael Schoeffling), but worries that her chastity will be a turnoff for the popular senior. Meanwhile, Samantha must constantly rebuff the affections of nerdy Ted (Anthony Michael Hall), the only boy in the school, unfortu-

nately, who seems to take an interest in her. Sixteen Candles came out in 1984 and is rated PG.

“The Breakfast Club”: Five high school students from different walks of life endure a Saturday detention under a power-hungry principal (Paul Gleason). The disparate group includes rebel John (Judd Nelson), princess Claire (Molly Ringwald), outcast Allison (Ally Sheedy), brainy Brian (Anthony Michael Hall) and Andrew (Emilio Estevez), the jock. Each has a chance to tell his or her story, making the others see them a little differently -- and when the day ends, they question whether school will ever be the same. The Breakfast Club came out in 1985 and is rated R (but that was right before PG-13 ratings came out).

Be a part of Bank of NH Pavilion's first Movie Monday and spend a warm, summer evening enjoying two great 80's movies on Aug. 8! Get your tickets Friday, May 13 at 10 a.m. by calling the Box Office at 293-4700 or go online to [www.BankNH Pavilion.com](http://www.BankNH Pavilion.com)!

## Bank of NH signs on as lead sponsor for Belknap Mill fashion show

LACONIA — The Belknap Mill Society announces Bank of New Hampshire as a lead sponsor for the ‘Fashion & Flair’ Fashion Show. This fashion extravaganza is being held Sunday, May 22 at 1 p.m. in the historic Rose Chertok Gallery at the Belknap Mill. The event will feature live music, cocktails, hors d'oeuvres and a silent auction, while showcasing trendsetting fashions modeled by Lakes Region celebrities. All proceeds will benefit the Belknap Mill Society's award-winning cultural and educational programming.

“We appreciate Bank of New Hampshire's generous support of this exciting event,” said Allison Ambrose, President of the Board of Directors of the Belknap Mill Society. “Bank of New Hampshire's \$1,500 sponsorship not only supports a great event, it underscores the value of our community programs. We wel-

come everyone to join us for an afternoon of fashion and fun.”

Tickets for the event can be purchased in person at the Belknap Mill, online at [www.belknapmill.org](http://www.belknapmill.org), or by contacting Jennifer McLean at [programs@belknapmill.org](mailto:programs@belknapmill.org) or 524-8813.

The Belknap Mill Society is a 501(c)(3) nonprofit organiza-

tion whose mission is to preserve the Belknap Mill as the Lakes Region's unique historic gathering place and a center for award-winning cultural and educational programs. Built in 1823, the Belknap Mill is the oldest unaltered textile mill in the United States and is recognized on the National Register of His-

toric Places as a site worthy of preservation. The Society relies on the continued support of donors and its members. To learn more about the Belk-

nap Mill Society, to make a donation or to learn about becoming a member, visit [www.belknapmill.org](http://www.belknapmill.org) or email [development@belknapmill.org](mailto:development@belknapmill.org).

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### Rita Grace Marchand, 93

LACONIA — Rita Grace Marchand died Saturday, May 7, 2016 at Lakes Region General Hospital at the age of 93, with her daughter, Mae, at her side.

Born and raised in Laconia, Rita was a life-long communicant of Sacred Heart Church and attended Sacred Heart School. She worked for many years at Allen-Rogers and also Scott & Williams. Following her retirement, she enjoyed National and International travel with her daughter and kept active with golf and spending time with her "Grandchildren," family and friends.

She is survived by her daughter, Mae Marchand of Goffstown, and one sister, Cecile "Sue" Cameron of Bonita Springs, Fla.

She was predeceased by her parents, Melinda (Lemay) Blais and William Blais, and her siblings Lionel Blais, Jeanette Haddock, Viola Monahan, Doris Marquis, Robert Blais, Roger Blais and Gerard Blais.

Rita will be sadly missed by her many nieces and nephews from around the globe, who remember her car-



ing support and fun loving nature. In addition, she and her daughter shared a large group of friends who enjoy many wonderful memories of time shared with Rita.

She also leaves behind her extended family of cherished friends, including Mary and Ray Limoges of Bow and their children Katie (Limoges) Atoro of Dover, Zachary Limoges of Newport News, Va. and Aaron Limoges of Concord.

Although Rita did not have grandchildren, she was known as "Memere" by the Limoges family, who proudly and lovingly describe her as the best Memere ever! In 2013, with the arrival of Gideon Atoro, Rita was delighted to add the title "Grand Memere" to her legacy. How she loved "her babies" even

when they grew up and towered over her small stature.

Rita will be remembered by her family and friends for her dedication as a mother and her strong will and determination when faced with difficult challenges in life.

There will be no calling hours.

A Mass of Christian Burial will be celebrated at 11 a.m. on Monday, May 23, 2106 at St. Andre Bessette Parish - Sacred Heart Church, 291 Union Ave., Laconia. Burial will follow in the family lot at Sacred Heart Cemetery, Garfield Street, Laconia.

In lieu of flowers, memorial contributions may be made to the Laconia Senior Center - Meals on Wheels Program, 17 Church St., Laconia, NH 03246 or to the charity of one's choice.

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](http://www.wilkinsonbeane.com).

### Susan Bearse Robbs, 69

BELMONT — Susan (Sue) Bearse Robbs, 69 of Belmont passed away on Tuesday, May 3, 2016.

She was born on May 25, 1946 in Hartford, Conn. to Carleton and Odila Duffey Bearse.

Sue grew up in Worcester, Mass. She graduated from Classical High School in Worcester, in 1964. After high school, she attended Worcester State College before getting married.

Early in her career, she worked in the banking industry and was also a dorm mother at the NH Aeronautical Institute, now Daniel Webster College. She returned to the work force after raising her own children and worked in childcare in the Lakes Region of New Hampshire for 24 years. She ran her own Preschool/daycare (Little Learners in Gilford) for 13 years. She retired in 2006.

Sue married Thomas Robbs in 1967 in Holden, Mass. They were happily married for 49



years. She enjoyed children, traveling, reading, camping, spending time at her family's summer cottage in Rhode Island and being with her family. She was a great daughter, sister, cousin, wife, mother, mother-in-law, grandmother, aunt, great aunt, teacher and friend.

Sue was preceded in death by her father, Carleton Everett Bearse.

Sue is survived by her spouse, Thomas of Belmont; her daughter Cindy and husband Robert Femenella of Franklin; her son Michael and wife Christine Robbs of Gilford; her brother Robert and wife Margaret Bearse of Lawrence, Kan.; her brother

Kenneth and wife Sally Bearse of Little River, S.C.; her sister Joanne Hazel of Holden, Mass.; her brother Allan and wife Eliza Bearse of Prudence Island, R.I.; her grandchildren Dylan, Kaylee and Libby; her mother, Odila Duffey Bearse of Prudence Island, R.I.; as well as many nieces, nephews and long-time friends.

A celebration of life will be held at the Gilford Community Church, 19 Potter Hill Rd., Gilford, on Wednesday, May 25 from 4 to 7 p.m. Private Family services will be held in Rhode Island this summer.

In Memoriam of Susan Bearse Robbs Donations can be made to the following: Prudence Island School Foundation PO Box 282, Prudence Island RI 02872 or Via PayPal in the How to Help section at <http://prudenceislandschool.org/>; or to the Lakes Region Scholarship Foundation, PO Box 7312, Gilford, NH 03247.

### William A. Smith, 77

GILMANTON — William A. Smith, 77 of Griffin Road, passed peacefully in his home Sunday evening surrounded by his family.

Bill was born in Colebrook on March 17, 1939 to the late George and Lillian (Higgins) Smith. Bill was a hard working and selfless man who spent his entire life taking care of his family and ensuring that they were happy. He had a tremendous sense of pride in all of their accomplishments and wasn't afraid to let everyone else know how proud he was.

Bill began his journey away from the North Country by enlisting in the Marine Corps at a very young age. After being honorably discharged, he came to the Lakes Region, where he



met his soul mate, Alice. Bill worked in construction for several years before starting his own General Contracting business which he was very active in until he retired several years ago.

Bill is survived by his loving wife, Alice (Babin-eau) Smith; his two children, William H. Smith and his wife Jill Smith and Penny Smith-Ferris; his grandchildren (Ryan J. Smith and his wife, Alicia Bean Smith, Arica (Smith) Caldwell and her husband, Jacob Caldwell, William R Ferris, and Sandra E Ferris);

four great grandchildren (Colton and Chloe Smith and Jamison and Jayde Caldwell). He has left behind three brothers, Gordon, Howard and Roland Smith; and one sister, Regina Sweatt.

He was predeceased by his brothers Kenneth, Glen, Fred, Larry and Donny, and his sister Avetta Thibeault and Helen as an infant.

'E,' that's what we called you, and it may have been the most simplest way to describe you. E stood for the endless love you gave your wife, children, grandchildren, and great grandchildren. It stood for the man that put a smile on every face he saw, which was an endless amount. If you saw him (you may have

SEE SMITH PAGE A7

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# Ask SCORE

## Financing options for small businesses

For many start-ups, funding their businesses stands as one of the key obstacles to getting their companies off the ground and moving forward. According to the SBA Office of Advocacy, small businesses seek financing for four primary reasons:

- 1) Starting a business
- 2) Purchasing inventory
- 3) Expanding the business
- 4) Strengthening the business

What approach to funding will best suit the intent and needs of your small business? Understanding what types of financing is available is a good first step in figuring that out.

There are two major categories of financing—debt and equity—and other options exist as well.

### Debt financing

This involves borrowing money that you must repay (usually with interest) over a period of time. Gener-

ally, some or all assets of your business will be used to secure the loans. To protect them from default on a loan, lenders commonly require borrowers to personally guarantee repayment (i.e., to have a sufficient personal interest at stake).

Banks have been the major source of small business debt financing, but some have become more reluctant to offer long-term loans to smaller companies because of the risk involved. Fortunately, the Small Business Administration's SBA 7(a) program has helped fill the void by encouraging banks to issue long-term loans to small businesses unable to get financing on reasonable terms through conventional lending sources.

### Equity financing

With equity financing (or equity capital), a small business raises money by offering shares of ownership in the business. Investors' equity investments give them ownership stakes in

the business and allow them to share in the company's profits.

Equity capital may come from a variety of sources—such as your own personal savings, your life insurance policy, family, friends, employees, customers, government grants, venture capitalists, or angel investors.

Equity investors will naturally expect to get a return on their investments. Some might also require that they have a hand in your company's decision-making.

### Other Funding Options

These other financing and cost-sharing options also exist.

- Partnerships
- Joint ventures
- Alliances
- Crowdfunding

And you might also consider researching business incubators. While they typically don't offer cash, they do provide some combination of valuable support in the way of free or discounted administrative services,

an affordable workspace, shared office equipment, and even management guidance.

If you're seeking funding to start or grow your small business, reach out to your local SCORE chapter for guidance. SCORE mentors have expertise in all aspects of business, and they can help guide you to resources that might best fit your financing needs. Also, check out the free <https://www.sba.gov/tools/sba-learning-center/training/financing-options-small-business>.

nesses.

To learn more, contact SCORE Lakes Region by calling 603-524-0137 or log on to [www.scorelakesregion.org](http://www.scorelakesregion.org) and link to Free Counseling. Experienced business advisors are available to offer free and confidential advice. SCORE is a non-profit organization of more than 10,500 volunteer. Also, if you are interested in offering a small amount of your time by sharing your business experience to others please contact our office.

# Belknap County Conservation District celebrates 70 years of conservation leadership

Following his father's example, John Hodsdon led the Belknap County Conservation District (BCCD) for more than 32 years. Between John and father, Marshall Hodsdon, there is continuous line of District leadership since its origin in 1946.

"The National Association of Conservation Districts congratulates the Hodsdon family for their decades of commitment to conservation. John and Marshall's service as champions for conservation, soil health, and water health is outstanding. This is an exceptional achievement and has helped ensure a strong future for natural resource conservation," said Northeast Representative Katie Stump. The Picnic Rock Farm in Meredith has been in the Hodsdon family since 1804. Marshall Hodsdon helped found Conservation Districts in New Hampshire. Some highlights during John's leadership in-

clude permanent protection of farms, improving storm water management, reducing erosion and the Wetland Walk at Gunstock Recreation Area.

Recently, John passed his role as Conservation District Chair to Board member, Donna Hepp of Belmont. Donna joined the BCCD in 2012 after retiring from the U.S. Forest Service where she served as Forest Supervisor of the White Mountain National Forest and Regional Recreation Director.

"April is National Volunteer month, and this is National Conservation District Stewardship Week, so there's no better time to thank the Hodsdon Family for their remarkable legacy in conserving soil and water resources. I am pleased that John continues to serve on our Board. This year we will be focusing on water quality by working with Towns to identify

key stream bank erosion areas and ground water protection issues across the County," said Hepp.

The BCCD Plant Sale on April 29 to May 1st, provided County residents with trees, shrubs, berries, flowers and even trout to stock their ponds.

"We shared conser-

vation tips and pumpkin seeds. Hopefully, they'll produce some entries for the New Hampshire Pumpkin Festival on Oct. 22 in Laconia," shared Hepp.

The Conservation District's mission is to help landowners and communities conserve natural resources in Belknap County.

### SMITH

(Continued from Page A6)

heard him first) he was either whistling, laughing, blowing his horn, or "belling" at you. He certainly coined the phrase laughter is the best medicine.

E made you want to have a good day, he just had that way about him. He could be known for taking 10 trips into Laconia a day for nothing, multiple stops at dunkin donuts, being the milk bone man to all the pets, being the mayor of griffin road, stealing construction cones so we could play with them in the driveway, telling waitresses they can't make toast right, calling us all day long to see what we were doing, driving through town in January with his window down and arm hanging out, many people thought he couldn't afford a jacket but he just loved the cold, yelling at the wilderbeasts, the

list could go on forever. What we are getting at is you being gone is a huge void that will never be filled, we will miss you every day, especially at 7 p.m., when you always called us all. Your laughter will be something no one will ever forget and when something crazy happens to us we will know it's you getting the last laugh.

To forever and a day, we love you, E.

Please come help us celebrate the life E on Thursday, May 19, 2016 from 2-4 p.m. at his home, 15 Griffin Rd., Gilmanton.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia is assisting the family with the arrangements. For more information or to sign an online memorial, go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

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# Pitman's welcomes the Anthony Gomes Blues Band

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

**Friday, May 20, 8 p.m., \$20 in advance, \$25 at the door: Anthony Gomes Blues Band**

Pitman's Freight Room is pleased to host the Anthony Gomes Blues Band.

#1 Billboard Blues Artist, Anthony Gomes has been creating virtuosic, burning blues since his recorded debut in 1998. Canadian blues

and blues rock guitarist and singer, born to a Portuguese father and a French-Canadian mother. After his 1998 debut album release "Blues in Technicolor," he began touring the United States and Canada and he has since recorded eight more albums.

Twelve releases and numerous awards and ecstatic accolades later, the aptly-named, riff-laden Electric Field Holler crackles with his bare wires passion. Gomes sings and plays with integrity and deeply felt emotion oblivious to fortune and fashion. The

resulting music is a blazing cathartic experience radiating therapeutic heat for body and soul.

Theo Harden on bass and Fred Spencer percussion and drums.

**Saturday, May 21, 7 p.m., \$15: Swing Dance with the Tall Granite Big Band**

From the syncopated heart of New Hampshire, the Tall Granite Big Band carries on its Swing tradition Texas style! Organized in Concord last year, the 18-member band has its roots in Texas with music collected over seven

decades by the late Houston bandleader Johnny Dyson. The Dyson band's early repertoire included classics from Glenn Miller, Count Basie, Perez Prado, Duke Ellington, Harry James, and other greats. But Dyson also worked closely with Texas arrangers including Don Elam and Fred Baetge, and over time his bands acquired unique material reflecting the vital "Third Coast" culture and its Blues and Latin influences, which help distinguish Tall Granite today. Today, our members are drawn from around the



COURTESY PHOTO

Anthony Gomes

Granite State and our focus – as it was in Dyson's day – remains on dancing! Our Pitman's Dance Nights typically are prefaced with a complimentary Swing dance lesson from area instructors to help everyone acquire or brush up their moves! So if you're done with dueling banjos or

screaming guitars, grab your two-tone shoes, slick back that hair, join us at the excellent Pitman's Freight Room and swing and sway or just relax to the Tall Granite Big Band's smokey horns and unique sound! Free Dance Lesson before the show from 7 – 8 p.m. Doors open at 6 p.m.

# Dueling Pianos comes to Patrick's Pub & Eatery

GILFORD — Dueling Pianos Begins this Friday, May 20 at 9 p.m. at Patrick's Pub & Eatery in Gilford, NH featuring musicians (left to right) Jon Lorentz, Jim Tyrrell and Matt Langley on the stage at Patrick's.

Get ready for a new and exciting entertainment option in the Lakes Region of New Hampshire as Patrick's Pub & Eatery, a long-time favorite for great food, fun and entertainment, add Dueling Pianos to their musical lineup.

"We're excited to bring this really fun and interactive form

of entertainment to the area" explains Patrick's co-owner Allan Beetle. "We think people will really enjoy the format, which includes playing their favorite songs on request."

The Dueling Piano concepts actually goes back to the late 1800's, when ragtime piano players would actually "duel" in an effort to see who could play better and faster. The style was redefined in the 1980's when players began taking song requests, often written on cocktail napkins, coupled with interjecting

bits of humor through the show.

Lakes Region Dueling Pianos organizer Jon Lorentz calls the act a "no-holds-barred, musical free-for-all where any style of music is fair game for requests." Some of the musicians scheduled to "duel" include Matt Langley of Gilford, Lorentz of Belmont, Jim Tyrrell of Plymouth, and others will be included in the fold. The piano players all sing, tell jokes, and may also perform featured songs on other instruments.

The two-hour shows,

which has free admission, begin every Friday at 9 p.m. starting May 20. Patrick's, a recent winner of the Best of NH 2016, will have full menu service available until 11 p.m.

Patrick's offers five nights of live music, including Open Mic Night (Tuesdays), Cody James (Wednesdays), Paul Warnick (Thursdays), Dueling Pianos (Fridays), and Pub Sessions, currently Acoustic Pop/Rock with a full rotation of Blues, Acoustic Rock, Irish & Jazz beginning in July. For more information, visit [www.PatricksPub.com](http://www.PatricksPub.com) or call 293-0841.

## LRPA-TV temporarily off the air for server maintenance

LACONIA — Lakes Region Public Access Television (LRPA) will be off the air until Wednesday, May 25 for server maintenance. The office will be open for normal business hours, Monday-Friday, 9 a.m. – 2 p.m. during this time. Please contact Grace McNamara, LRPA Station Manager, at 528-3070, or by email at [director@lrpa.org](mailto:director@lrpa.org), with any questions or concerns.

### About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast Channel 24 (public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government and school meetings) to nearly 12,000 viewers in our member towns and cities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and

unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at [www.lrpa.org](http://www.lrpa.org).

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The Biederman family – Scott & Patti (far right) and Bryan (far left) with MVS Bank Plymouth employees Kelly Beebee and Nancy Mardin inside the Deli.

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# Margaret Franckhauser appointed to Gov. Hassan's new Commission on Health Care Workforce

In order to address the health care workforce shortage facing New Hampshire and ensure that New Hampshire can meet the health care needs of Granite Staters, Gov. Maggie Hassan has issued an Executive Order creating the Governor's Commission on Health Care Workforce. Margaret Franckhauser, CEO of Central New Hampshire VNA & Hospice, has been appointed to serve on the commission.

The Governor's commission will bring together experts from nursing, child and elderly care, developmental and long-term services, the broader health care community and education to make recommendations for addressing New Hampshire's short- and long-term health care workforce needs.

"New Hampshire is facing a healthcare

workforce shortage in fields ranging from direct care workers to pediatric nurses to psychologists, which is increasingly threatening our ability to meet the health care needs of our citizens and making it harder to provide home- and community-based care to New Hampshire residents," Gov. Hassan said. "Addressing this shortage will allow more Granite Staters - from those who experience disabilities to those living with chronic illness to New Hampshire's seniors - to stay at home and live independently, increasing choices for our citizens and improving affordability of care."

The commission will examine short- and long-term needs for health care and direct care workers in New Hampshire. Recommendations to address those needs will include improvements to



Margaret Franckhauser, CEO, Central New Hampshire VNA & Hospice.

recruitment methods; rules, regulations and education and training laws; and New Hampshire's loan repayment practices; rate and payment structure; state program.

Dr. Susan Huard, President of Manchester Community College, will chair the commission, whose final report will be due to the Governor by Dec. 15.

"Nursing and other health care careers are good jobs that are critical to the health and well-being of our people and our economy," Dr. Huard said. "The community college system continues working to offer affordable access to a strong career pathway in these critical fields, including a nursing program partnership with the university system, and I look forward to building on those efforts through this commission's important work."

Other members of the commission are:

- Kathy Bizzaro-Thunberg, Executive Vice President of the New Hampshire Hospital Association
- Lisa DiMartino, parent of a child receiving long-term care services and support
- Jon Eriquezzo, Executive Director of Residential Services at

Crotched Mountain  
• Todd Fahey, State Director of AARP New Hampshire

• Dr. Mike Ferrara, Dean of the University of New Hampshire College of Health and Human Services

• Margaret Franckhauser, Chief Executive Officer of Central New Hampshire VNA & Hospice

• Dr. Yvonne Goldsberry, President of the Endowment for Health

• Brenda Howard, Medication Nursing Assistant/Licensed Nursing Assistant at Maplewood Nursing Home of Cheshire County

• Dr. Judith Joy, Interim Nurse Executive Director of the New Hampshire Nurses' Association

• Joelle Martin, Council for Youths with Chronic Conditions Board Member

• Stephanie Pagliuca, Director of Bi-State Recruitment Center

• Dennis Powers, Chief Executive Officer of Community Crossroads

SEE FRANCKHAUSER PAGE A13

# AARP Smart Driver course scheduled for June 2 at Taylor Community

LACONIA — The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers age 50 and older. For more than 30 years, the course has taught millions of drivers proven safety strategies so they can continue driving safely for as long as possible.

The new, updated course is scheduled for Friday, June 2 from 9 a.m. to 4 p.m. at Taylor Community's Woodside Building, 435 Union Ave. Class size is limited to 20 people. To sign up, please call 524-5600, Monday through Friday between 8 a.m. and 4 p.m. The nominal fee is \$15 for AARP members and \$20 for non-members,

payable the day of class. AARP members should bring their cards. There will be a break for lunch and the Woodside Café is available for dining.

This course will help participants:

- Learn research-based safety strategies that can reduce the likelihood of having a crash

- Understand the link among the driver, vehicle, and road environment, and how this awareness encourages safer behavior

- Learn how aging, medications, alcohol and other health-related issues affect driving ability and ways to adjust how to allow for these changes

- Increase confidence
- Know how to drive safely when sharing the

road with other road users

- Learn the newest safety and advanced features in vehicles

- Learn when driving may no longer be safe

- Explore other ways to travel

Some automobile insurance companies in New Hampshire provide discounts to participants who complete this course. People are encouraged to check with their respective insurance agents for more information.

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](http://www.taylorcommunity.org), or see our Facebook page for upcoming events.

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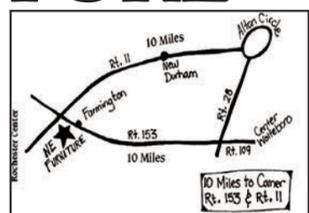
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# \$100,000 Autoserv donation launches renovations at Boys & Girls Club

LACONIA — The Boys & Girls Club of the Lakes Region is thrilled to announce a \$100,000 gift from AutoServ of Tilton and the Gaudet Family. The contribution will launch renovations later this spring that will transform the former

St. James Church in Laconia into a safe, efficient and kid-friendly clubhouse.

"I first became aware of this local organization, what it does to change kids' lives, when my neighbor, Barbara Leone, visited the dealership

many years ago and made an impassioned plea," stated Paul Gaudet, Sr., President of AutoServ. "I was so moved and realized the difference she and other of my neighbors were making by volunteering, and being so hands on with these



COURTESY Pictured, left to right: Jon Clay, Walt Flynn, Paul Gaudet, Jr., Scott Knowles, Chris Emond, Barbara Leone, Donna Gaudet Hosmer, and Ned Beebe.

## Leadership Lakes Region accepting applications

GILFORD — Leadership Lakes Region is gearing up for the start of its 19th program year, with the Class of 2017 Orientation Day scheduled to take place at Gunstock in early October. Applications are now being accepted for this upcoming class. An application form plus a program brochure may be downloaded from the Web site at [www.leadership-lakesregion.org](http://www.leadership-lakesregion.org). With more than 288 alumni representing various professional careers, Leadership Lakes Region's program fosters civic engagement through eight once a month day-long seminars which educate, inform, challenge and teach leadership skills to its students.



COURTESY Using the recreated office of the mill manager at the historic Belknap Mill, Leadership Lakes Region Program Coordinator Jennifer McLean discusses the application packet for the Class of 2017 with alumnus and current board member Tim Drew.

"We have found the program especially beneficial for professionals who are new to the Lakes Region; we provide them an immediate network of area professionals from varying backgrounds as well as a crash course on the current factors in-

fluencing the Region," said Program Coordinator, Jennifer McLean.

Tuition for the annual program is

\$ 500 for those from non-profit agencies or from businesses with three or fewer employees and \$ 750 for those representing the private sector. Leadership Lakes Region does have some funding for partial tuition scholarships on a needs basis. Businesses are encouraged to identify individuals within their company who would benefit from this career development opportunity. Corporate sponsorships of Program

Days are always welcome. Current sponsoring organizations include Gunstock, Bank of New Hampshire, LR-GHealthcare, Baron's Major Brands, Northeast Delta Dental and Meredith Village Savings Bank. Anyone interested in applying for the Leadership Lakes Region class which begins in October may contact the Program Coordinator, Jennifer McLean at [info@leadershiplakesregion.org](mailto:info@leadershiplakesregion.org) or at the Leadership office, 524-6791. Corporations interested in sponsoring a 2017 Program Day, may also contact Ms. McLean.

kids, kids who really need positive mentors. At the time, I couldn't put time in at the Club, so I started out giving money personally and through our family business, then that grew to hitting up friends and neighbors, our dealership connections, pretty much telling the story Barbara had first told to me: that this Club truly changes the trajectory for kids who need support."

Mr. Gaudet is founder of AutoServ and the Lakes Region Boys & Girls Club Endowment Trust.

"The Gaudet fami-

ly has long been committed to the Boys & Girls Club, and we value their partnership. This transformational gift will make an impact for decades to come," stated Boys & Girls Club Executive Director Chris Emond.

This current gift of \$100,000 is the company's latest of many significant contributions to the Club. It will fund key structural upgrades to the new Club building including the creation of a teen center, improving space for enrichment activities and enhancing the foyer to better control access to the facili-

ty. A new, industrial kitchen will enable the club to serve free, hot, nutritious meals to club members each evening.

### About the Boys & Girls Club of the Lakes Region

The Boys & Girls Club provides a safe place to belong, caring mentors and out-of-school enrichment programming to youth and teens with a mission to serve the kids "who need us most." Last year, the Club enrolled 257 members in grades one through 12 from Laconia, Gilford and Belmont.

### What Can Golf Teach You About Retirement Planning?

If you're a golfer, you know the joys (and occasional frustrations) of the game. But you might not realize that some of the lessons you learn on the links can carry over to other areas of your life — such as retirement planning.

So whether you're already retired or are planning to retire in the next few years, consider the following suggestions:

- Try to overcome the "yips." When you miss those short puts — the ones you know you should be making — you might be in the grip of your old friend, the "yips." As you know, it's not always easy to shake this problem, but many golfers have benefited by working to improve their concentration, especially by adhering to a strict pre-shot and in-shot step-by-step routine. When investing for retirement, or managing their portfolios during retirement, many people can get the investment version of the yips — that is, they get nervous during market downturns, and then they make mistakes, such as selling quality investments when their price has dropped. (Remember the first rule of investing: Buy low and

sell high.) To overcome this type of yips, the solution is the same as for golf: Maintain your focus and concentrate on making appropriate moves, such as building and maintaining a diversified portfolio that's suitable for your needs, goals and risk tolerance.

- Forget about that hole-in-one. It's every golfer's dream: a hole-in-one. When you tee up on that tempting par 3, and you're feeling good, you might just want to go for it — but when you do, you could end up overshooting the green or plunking into the water. Many investors also try for a "hole-in-one," in the form of pursuing that one "hot" stock that's going to make them rich. However, by the time they hear about such a stock (if it even exists), it may have already cooled off — and, in any case, it might not be right for their needs. Instead of looking for that ultimate, one-time winner, look for solid investments that you'd be comfortable holding for the long term.
- Study the course. The more you know about a course you're going to play, the better off you will be. You can plan the approaches you'll take on various holes and think

about how to avoid the sand, water and rough. When planning for your retirement, or even when you're living it, you also need a strategy, one that addresses questions such as these: How can I structure my investment mix to provide me with a long-term income stream? How much should I withdraw from my portfolio each year? When should I start taking Social Security? Am I doing all I can to control investment-related taxes?

- Visualize. Consider these words from World Golf Hall of Famer Nick Faldo: "Visualization is the most powerful thing we have." If you can visualize what you want to do on each hole you play, you are well on your way toward a successful round. The same idea holds true for retirement planning: If you can envision the type of retirement lifestyle you want, you'll be more likely to achieve it by sticking with appropriate financial and investment strategies.

So, there you have them — some ideas that play well on the golf course and in the retirement arena. Put them to work soon.



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 at [Jacqueline.Taylor@edwardjones.com](mailto: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](http://www.facebook.com/EJAdvisorJacquelineTaylor).

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**HERREN**

(Continued from Page A1)

and students who have struggled with addiction themselves.

Project Purple, an offshoot of his organization The Herren Project, received its name from a group of four students in the front row of a presentation who wore

purple. One member of the group they were together as the sober students of their school, a declaration that earned them ridicule from their peers. Herren said he asked these students what was so funny about those who didn't use

drugs or alcohol, saying he knew by 33 he needed to make a change.

Herren said the students who regularly use substances have lost the ability to be themselves. He said he wished he never had to drink or get high to feel he had to fit in with people he had known his whole life.

He told the students that they have little sisters and brothers who look up to them

"If your little sister happens to walk down in that basement to see what you're like at the end of a weekend, would they want to be like you anymore?" Herren said.

Herren asked everyone that when they are getting ready to go out with their friends to connect for a moment with their parents or sib-

lings. He said when they walk away they should ask themselves if this is enough for them.

Herren said he knows there are so many kids in the audience with their own struggles. He also said there are students there too who are friends with someone struggling, though they might not be helping. Herren said these friends will one day be asking themselves if they could have been a better friend.

Herren said he prays at least one of these students will walk out and want to be better than they are now.

"To me, this assembly is more about self esteem and self worth than it is about drug overdoses and heroin," Herren said.

**WALSH**

(Continued from Page A1)

and GMS during the May 2 meeting. Both Lamontagne and Walsh will take on their new roles on July 1.

Lamontagne has served in the Gilford School District for the past 11 years. She has been the assistant principal at GMS, last year the position was expanded to include GES as well.

Lamontagne said she was not actively looking for a new job, but heard about the opening at Merrimack Valley Middle School.

"I looked into the district and found they have a solid reputation as an educational system and thought it might be worth a chance to submit my materials for a shot to become a principal,"

Lamontagne said.

Lamontagne applied for the position and went through a rigorous interview process that led to her being chosen for the position.

Lamontagne said she is looking forward to the challenge of the new role and the opportunity to collaborate with a new team.

"I have had a wonderful experience in Gilford and after 11 years I am excited about the new learning and growth that comes with change," Lamontagne said.

Gilford Superintendent Kent Hemingway said Lamontagne announced her new position a few months ago. The school district then started a search process to look for a new assistant principal.

Sean Walsh, who is the technology education teacher at the high school, applied for the position and went through an interview process.

Hemingway said in the past three years he has been in the district, Walsh has contributed much across all three schools. He has taught technology education in Lancaster, Gorham, and Berlin. In the Gilford School District Walsh has taught technology to primarily high school students, but has also worked with students in the elementary and middle schools.

"He's stepped up above and beyond expectations in many areas of his current position and has the breadth of experience we were looking for our new administrator," Hemingway said.

After her years of service to Gilford, Hemingway said Lamontagne will be missed. Hemingway said Lamontagne did a lot of work with professional development and teacher supervision. He said she "did a very nice job" the behavior plan for students in K-8 so the discipline policy was the same in both schools.

"I have had the opportunity to not only work with a great staff, but I have worked with various leaders over the years," Lamontagne said. "With each person, I was able to see new viewpoints and learn new strategies to address the needs of a school and support a collaborative environment. I got to pick and choose which pieces work for me and utilize those tools to refine and improve my practice. I am confident that my 15 years experience as a school administrator has provided me with the tools to move on to the next professional challenge in my career."

Lamontagne said she would be happy to help Walsh in the transition to his new role.

"He has a good understanding of the district and the schools, which will support his transition," Lamontagne said. "We will meet to discuss what his needs are, and I will certainly remain available to answer questions whenever they arise."

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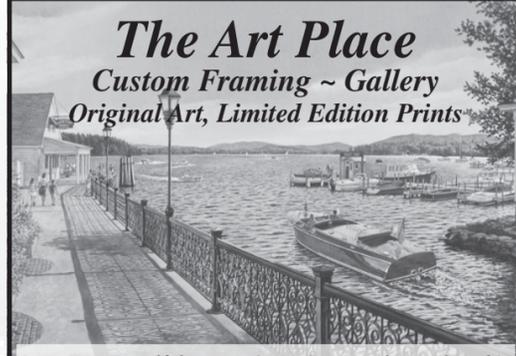


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**FIRE BOAT**

(Continued from Page A1)

maintenance and training, with figures going as high as \$50,000. Carrier said Achilles showed an estimate for maintenance around \$12,000. Carrier said when he saw that number, "I almost choked."

Carrier said a large part of that regular replacement of the zincs. A marine operator who did most of the maintenance on Portsmouth's boat told Carrier most of the maintenance costs are due to damage and corrosion from the boat being constantly in salt water.

"He was tickled the boat was going to fresh water," Carrier said. "He said that's exactly where the boat should be."

Carrier said the boat should require not nearly as much maintenance in freshwater as it did in saltwater.

Carrier also said a large part of the \$50,000 figure was for department contract obligations, which Gilford does not have. Carrier said that Capt. Timothy Dunleavy of New Hampshire Marine Patrol told him training will be a bit different because the boat has jet drives. Marine Patrol has similar boats and will offer a one to three-day training program for Gilford personnel.

The boat will come with almost all its original equipment, but will need to be relettered.

"There's no negative to this at all," said board chair Richard Grenier.

Carrier said the enclosed cabin, the pumps, and the navigation system are huge advantages.

Jim McBride, a representative of the Gilford Island Association, spoke in favor of having the boat. He there is no comparison between maintenance required for operation in Winnepesaukee versus operations in saltwater. McBride also said the Piscataqua River is also a "tricky environment" and the vessel can certainly handle being on the lake.

"I think it's a great acquisition; I think the town fell into a bucket of roses," McBride said.

Rick Hassler said the fire department has been to his island several times. He said he does not have much room around his dock and having those jet drives will be huge.

"I can't stress how important and how good this is for the town," Hassler said.

John Goodhue said this will be a great boat, but they will need more than one day to train someone on that boat.

"I just feel you have to be really trained on this particular watercraft to know what you're doing with it," Goodhue said. "I think it's probably a good deal, everyone's right in the fact once it hits freshwater (there) will be a lot less maintenance."

He said jet drives move much differently than a propeller drive and the operators will have to be trained. Goodhue said he would be willing to help in this process.

The board voted in favor of accepting the boat "with sincere appreciation."

**NOTEBOOK**

(Continued from Page A4)

is look up what she was talking about, and hope it isn't true.

(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. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

(With this issue, we introduce Roger Irwin

of Guildhall, Vt., just across the Connecticut River from Coös County's shire town of Lancaster. Roger, a longtime dairy farmer, got into photography about 20 years ago, and also honed his great skills in patience and knowledge of wild-life habitats and habits, and is now creating some of the finest wildlife photographs in the field. More on how Roger got to where he is and does what he does in a future column.)

**FRANCKHAUSER**

(Continued from Page A9)

• Dr. Susan Reeves, Dean of the Colby-Sawyer College School of Health Professions and Gladys A. Burrows Distinguished Professor of Nursing

• Deb Scheetz, Health Care Policy specialist at the New Hampshire Department of Health and Human Services (DHHS)

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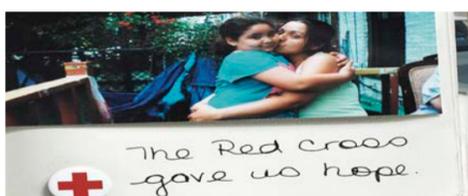
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# SPORTS

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## Possession problems continue to plague Eagles

BY JEFF LAJOIE  
jlajoie@salmonpress.com

GILFORD – Possession, possession, possession.

At times, the Gilford High School girls' lacrosse team has looked very much like the playoff team it was a year ago. The Golden Eagles can score goals, and they've got plenty of athleticism to out-manuever opposing defenses. But at the heart of the matter is Gilford's possession – or lack thereof. The Eagles held the ball for just 17 out of 50 minutes last week, falling at home to Oyster River, 17-12, in Division III action at the Meadows.

"We showed at times that we could score on them all day, but we couldn't gain possession at all in the first half and dug ourselves too big of a hole to climb out," said Gilford head coach Mike Normandin.

Indeed, a big Oyster River run in the first half came with Gilford unable to generate much success with draw controls or ground balls. The score was knotted at 3-3 before Oyster River ripped off a 10-2 run to close the half, taking a

commanding 13-5 lead at intermission.

"(Oyster River) had a strong draw control game and once we fell behind, we struggled trying to get it all back at once," Normandin explained.

Gilford did a much better job in the second half, as the Eagles made things interesting after the difficult opening 25 minutes. Laurel Normandin scored all three of her goals in the first 3:03 of the second half, cutting the deficit to 14-8 in the process.

From there, the Eagles were able to get into the flow of their offense, with Cassidy Bartlett serving as the lynchpin in the transition game and Mariah Nelson making a dent in the draw control capacity. Dana Ruchti scored to cut the deficit to 14-9 with 16:21 left, and Nelson took a feed from Bartlett and buried it to pull within 14-10 with 15:17 left.

"We switch to Mariah on the draw and she's big so we were able to use her height to our advantage," Normandin said. "We played much better in the second half."

SEE LAX PAGE B8



JEFF LAJOIE  
Gilford's Laurel Normandin charges into the attack zone against Oyster River on May 11, where the host Eagles dropped a 17-12 decision in Division III action at the Meadows. Normandin finished with three goals on the day.



JEFF LAJOIE  
Olivia Harris of Gilford tries to find an open teammate in the second half of her team's 17-12 loss to Oyster River.



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# Baer, Wernig top scorers for track Eagles

BY JEFF LAJOIE

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BELMONT – Perfect weather highlighted a strong day of competition for the Gilford High School track & field teams on Saturday, as the Golden Eagles ventured to Belmont High School for a meet in preparation for the annual Wilderness League Championship this weekend, also slated to be held at BHS.

The Gilford girls' team was second behind host Belmont in a four-school event, while the boys' side nabbed third overall behind Belmont and Portsmouth Christian.

Junior Marina Baer continued her big spring, winning three events and taking second in another. Baer won the javelin (115 feet, seven inches), shot put (29.9.5) and 100 meters (13.60 seconds), and she was the runner-up in the 200 meters (29.00) as the team's top point scorer.

The 4x400 relay quartet of Kaitlyn Callahan, Aria Stephan, Misty Medeiros and Jennie Gannon took first overall with a time of 4:50, three seconds faster than runner-up Belmont.

Callahan added a runner-up showing in the 1,600 meters (6:11) as well as a sixth-place finish in the 800 (2:57), while Madison Relf also earned a second-place finish for the Eagles in the 3,200 (13:52).

Medeiros was third overall in both the 200 (31.40) and 400 meters (1:09), while Elizabeth Relf nabbed third in the 1,600 (6:25). Stephan made it three Gilford runners in the top four of the 1,600 with a fourth place finish in 6:26.

Alliyah Oswald helped pace the field squad with a third place showing in the javelin (78-0), and Carly White ran to a fifth place finish in the 800 meters (2:56).

Sophomore Michael Wernig paced the boys' team by scoring in three individual events on Saturday. He won the discus with a top heave of 97 feet, 3 inches, and added a runner-up in a crowded field for the shot put (33-4). Wernig was also third overall in the 800 meters

with a time of 2:14.

Jacob Baer was the runner-up in both the 110 (16.00) and 300 hurdles (43.90), while Leon Iser added a runner-up showing in the 3,200 (11:52).

Carter Segalini posted a second place finish in the high jump with a top height of 4-10, while Ben Altmire scored in both the long jump (16-7) and triple jump (34-3). Sandor Gamache was another multiple event scorer for the Eagles, taking third in the triple jump (35-5.5) and fourth in the 300 hurdles (46.30).

Connor Leggett ran to a fourth place finish in the 1,600 (4:55), while Matthew McDonough was next in the event for the Eagles with a time of 5:24.

At a seven-school meet in Belmont on May 10, the Eagles finished second on the girls' side and fourth on the boys' side against solid competition.

Marina Baer was the top scorer for the girls' team, as she won a whopet of four events in capturing the high jump, shot put, javelin and 100 meters.

Madison Relf won the 3,200 meters for the Eagles, while Callahan was second in the 1,600 meters. Maddie Harris took second in the triple jump, while Jess Ladd was third in the discus. Also scoring for Gilford were Delia Penney (fourth in the discus) and Stephan, who was fourth in the 800 and 1,600 meters.

The boys' team saw Jacob Baer capture second in the 110 hurdles and third in the 300 hurdles. Senior Ryan LaFrance won the 3,200 meters and was the runner-up in the 1,600.

Segalini leapt to a second place finish in the high jump, with Altmire (long jump), Gamache (triple jump) and Leggett (800) all snagging third place performances.

McDonough was fourth overall in the 3,200 meters, while Wernig snagged fourth overall in the discus.

The 4x100 relay team of Baer, Segalini, Owen Day and Gamache was second overall for the Eagles.



JEFF LAJOIE

Gilford's Aria Stephan leads teammate Elizabeth Relf around a turn in the 1,600 meters at Saturday's four-school meet at Belmont High School.



JEFF LAJOIE

Ben Altmire of Gilford spots his landing during a leap in the long jump on Saturday in Belmont.

## Tennis Eagles keep grinding

BY JEFF LAJOIE

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GILFORD – There were several close matches, but that elusive first win remained just out of reach for the Gilford High School girls' tennis team on May 11.

Visiting Inter-Lakes swept the singles matches, holding off the Golden Eagles in an 8-1 victory in Division III action.

Gilford took its lone point of the afternoon at first doubles, where the duo of Emily Curtis and Sarah Fillion snagged an 8-4 victory over Marena Neggers and Bridie O'Connell. Curtis nearly won both of her matches, as Neggers earned a tight 9-7 win at first singles to open the day's action.

Fillion dropped an 8-4 decision at second singles, as did Josey Curley at No. 4. Curley and partner Olivia Salesky were defeated at second doubles, 8-3.

### Kingswood 7, Gilford 2

The Eagles took two victories in singles action, as Fillion captured an 8-4 victory at third singles and

Curley continued her strong season with an 8-2 win at No. 5.

The first doubles tandem of Curtis and Sisi Remick had the closest match of the day besides those two wins, as they dropped an 8-3 decision.

### Moultonborough 7, Gilford 2

After falling in all six singles matches, the Eagles rebounded with wins in two of the three doubles matches on May 9.

Curtis and Remick were 8-4 winners at No. 1 to set the tone, while Curley and Salesky won an 8-2 decision at No. 3. The second doubles pairing of Fillion and Emma Donnelly nearly made it a perfect sweep, as they were edged in a tiebreaker, 9-8 (7-3).

### Boys' tennis Gilford 8, Inter-Lakes 1

MEREDITH – It was a big week for the Golden Eagles, and they remained undefeated with three wins over tough opponents.

Things came to a close with an 8-1 win over host Inter-Lakes



JEFF LAJOIE

Gilford's Emma Donnelly eyes the ball during her match at third singles against Inter-Lakes on May 11.

in a rematch of last year's Division III championship match.

Alex Soberon Zertuche got things rolling with an 8-0 sweep at first singles over Noah Sullivan, while Christian Workman also earned an 8-0 sweep at No. 4. Grant Workman (8-5), Tyler Hanf (8-2) and Connor Craigie (8-1) also earned singles wins, while the Eagles swept all three doubles matches. Connor Sleeper and Josh Bolduc were 8-6 winners at No. 3.

### Gilford 9, Kingswood 0

WOLFEBORO – In a rare night match under the lights, the Eagles once again swept an overmatched opponent

on May 10.

Gilford continued to roll through its D-III slate, sweeping Kingswood, 9-0.

Soberon Zertuche and Grant Workman swept 8-0 victories in the top two singles spots, while Sam Shafique was an 8-2 winner at No. 3 and Christian Workman claimed an 8-4 win at No. 4.

Hanf and Craigie rounded out the singles sweep with 8-3 and 8-1 wins, respectively.

Soberon Zertuche and Grant Workman capped their perfect nights with an 8-0 win at first doubles, while Shafique and Christian Workman took care of business at number two, 8-2. Kyle Davies and Ethan Drew closed things out with an 8-1 win at third doubles.

### Gilford 8,

Moultonborough 1 Despite the lopsided final score, the Eagles played a very tight match with Moultonborough Academy on May 9.

The team's lone loss came at No. 1 singles, where MA's Aaron Diamond earned a hard-fought 8-5 win over Soberon Zertuche.

SEE TENNIS PAGE B3


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# Late rally sinks Eagles in loss to rival Belmont

BY JEFF LAJOIE

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**BELMONT** – For six innings, the Belmont High School softball team found itself unable to generate much of anything against visiting Gilford High School on May 12. The Red Raiders managed just two hits against Gilford starter Sarah Lachapelle, and they trailed 4-2 with just one final at bat left.

But with the bottom of the order jumpstarting things, Belmont's bats awoke just in time. After tying the game thanks to three singles, junior Taylor Lavallee delivered the big blow – a walk off double that reached the left field fence and secured a thrilling 5-4 win over the Raiders' chief rival in Division III action.

"The coaching staff loves what we saw in that last inning," offered Belmont head coach Bill Clary. "Hopefully the team loves it as well and can use this moving forward."

Gilford head coach Joan Forge has certainly seen her share of comebacks from both sides over the course of her long coaching career.

"It's softball," she explained. "You want to get timely hits and Belmont did that when they needed them. They were able to steal the game from us late, so we have to be able to turn that

into a positive."

Trailing 4-2 entering the bottom of the seventh, the Raiders had their 7-8-9 hitters up against Lachapelle, who struck out 10 on the day and had allowed just two hits – both singles to freshman Julianna Estremera. But Jordyn Lavallee began the rally with a leadoff single, and Jordan Sargent also snuck a single through the infield. Senior Courtney Clairmont bunted the pair over with an outstanding sacrifice bunt, putting the runners in scoring position with one out.

"Courtney's bunt there was paramount," said Clary. "It was one of the best sacrifices I've seen."

Estremera followed with her third hit of the day, a bloop single into center field that scored Jordyn Lavallee to pull Belmont within 4-3.

Nicole Antonucci tied the game with a ground out to Gilford first baseman Alexis Lacroix, and with two outs, Taylor Lavallee roped a rocket off of a double off the left field fence to plate Estremera with the winning run and the walk off 5-4 victory.

"Taylor didn't have a pitch to swing at really for the entire game until that seventh inning," Clary said of his No. 3 hitter. "If you're going to

pitch to Taylor Lavallee, that's what you're going to get."

Belmont took a 1-0 lead thanks to a double steal in the bottom of the first inning, though Gilford tied the game in the second when Jillian Lachapelle tripled and scored on a Stevie Orton ground out to second base.

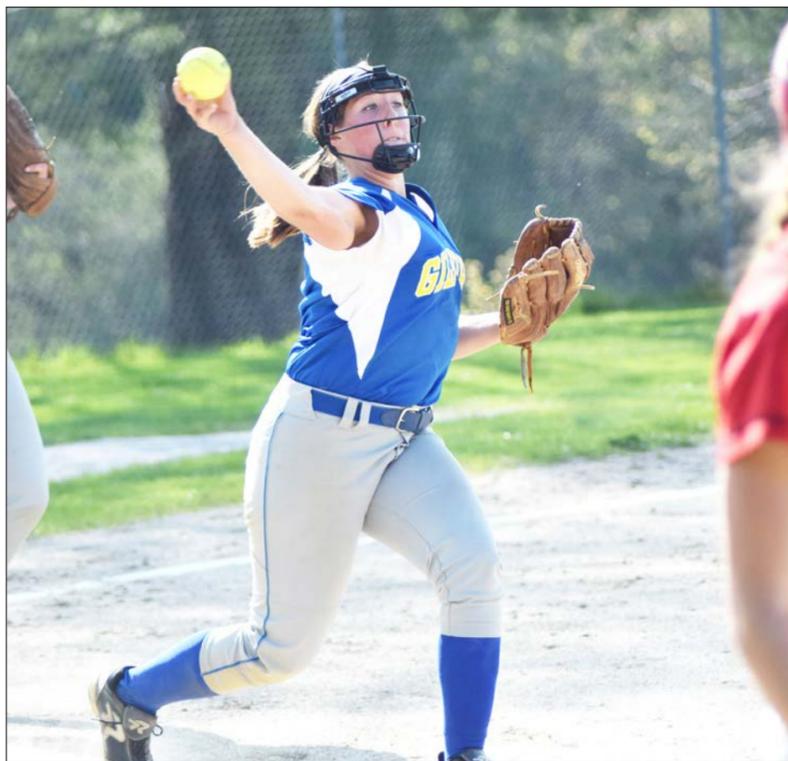
The Eagles took the lead in the third with a pair of runs. Lexi Boisvert reached on a fielder's choice and scored on Jillian Lachapelle's second triple of the day for a 2-1 advantage. Lachapelle would score on another double steal to make it 3-1.

Gilford tacked on another run in the fourth. Maggie McNeil led off with a single and eventually scored when Sarah Lachapelle beat out an infield single for a 4-1 advantage.

"We were doing things right, settling in after that first inning," lauded Forge of her team. "Sarah was owning their batting order early. We felt confidence that this game could be ours."

Belmont pulled a run closer in the fifth, as Sargent walked with one out and scored on an Estremera RBI single to make it 4-2.

Things would stay that way until the seventh, as the Raiders



JEFF LAJOIE

Gilford senior pitcher Sarah Lachapelle darts out of the circle to throw out a runner in the fourth inning of the Eagles' 5-4 loss to Belmont on May 12.

pulled through for their third straight win on the week. Senior starter Megan Prescott settled in for the final three innings, getting Gilford in order over the fifth, sixth and seventh innings to allow Belmont a chance to come back. She finished with five strikeouts in the win.

## Gilford 5, Laconia 3 (eight innings)

**LACONIA** – A three-run top of the eighth inning proved to be the difference, as the Eagles held off host Laconia, 5-3, in Division III action on May 9 at Opechee Park.

With the score tied 2-2, Gilford put together

er three hits and took advantage of two errors in the eighth to push three runs across and take a 5-2 lead. Jillian Lachapelle singled, Orton reached on a fielder's choice, and McNeil drove home Lachapelle with a double to make it 3-2.

Orton eventually scored on a throwing error, as did McNeil, and the duo crossed home to put Gilford up 5-2.

The Sachems scored a run on an error, a passed ball and a single, but Gilford starter Sarah Lachapelle was able to contain the damage and earn the 5-3 win. Lachapelle had a career-high

15 strikeouts in the win, as the senior allowed five hits and one walk.

McNeil had a big 3-for-4 day at the plate with two doubles and two RBIs, while Orton had three hits and scored two runs. Boisvert and Jillian Lachapelle both had two hits for Gilford.

Laconia jumped out to a 2-0 lead in the first inning, but the Eagles got one back in the second when McNeil singled home Orton, who also singled. The visitors tied the game in the fourth inning when Jillian Lachapelle singled, stole second and scored on a Lacroix single to make it a 2-2 game.

## Eagles bounce back, thump Farmington

BY JEFF LAJOIE

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**FARMINGTON** – It was a split week for the Gilford High School baseball team. The Golden Eagles were edged by powerhouse Laconia for the second time in five days, but rebounded nicely to earn a dominating victory on the road at Farmington to enter this week with a 5-6 overall mark in Division III.

Gilford closed out its week with an 18-4 victory on the road at Farmington on May 11, as Alex Thornton powered out four hits and four RBIs to guide the Eagles within a game of the .500 mark.

Gilford scored six runs in the top of the seventh inning to pull away. Brandon Sasserson added two hits and two RBIs in the win, while Tyler Sargent also contributed two RBIs and Connor McKenna scored two runs to go along with a hit and an RBI.

Gilford starter Connor Hayes pitched two innings, striking out three and walking a pair, while Alex Muthersbaugh came on and tossed an inning. Sasserson closed out the contest over the final four innings, striking out four and not issuing a walk.

Muthersbaugh had a hit, two walks and two RBIs at the plate, while Mark Young, Will Baldwin and Pat McKenna all totaled single hits in the win.

## Laconia 2, Gilford 1

**LACONIA** – Just five days after dropping a heartbreaker at home against the Sachems, host Laconia once again edged the Golden

Eagles in the rematch on May 9.

Gilford held the Sachems to just two hits, but the hosts scored a run in the first and another in the third to secure the victory, 2-1.

Sargent was dominant on the mound for Gilford, striking out six while allowing two hits, six walks and two runs (one earned) over six innings. He also con-

tributed the lone run offensively for his team, cutting the Laconia lead to 2-1 with a solo home run in the top of the fourth inning – his second in as many weeks.

Gilford outhit Laconia by a 5-2 margin, with Sargent's two hits being followed by Connor McKenna (double), Sasserson (single) and Dom Troiano (single, two stolen bases).

## TENNIS

(Continued from Page B2)

Grant Workman got the Eagles on track with an 8-3 win at No. 2, while Shafique was also an 8-3 winner in the third spot.

On court four, Christian Workman grabbed a tight 8-6 victory, while

Hanf captured his fifth singles match in a tiebreaker, 9-8 (7-2). Rounding out the singles winners was Craigie, who played well in an 8-2 victory at No. 6.

All three doubles matches were tight, with

Soberon Zertuche and Grant Workman capturing an 8-5 win at No. 1. Shafique and Workman claimed victory at No. 2, while Hanf and Craigie were winners at No. 3, both matches ending in 9-7 decisions.



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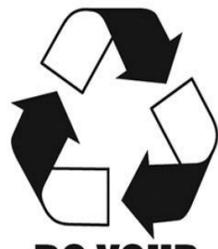
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<b>Moultonborough \$1,249,000</b> - #4475359 Special new offering: a Winnepesaukee waterfront with all you could desire. 3 levels of spacious living; open & bright, outside landscaping is delightful, sandy beach next to the oversized docking. Ellen Mulligan 603-387-0369	<b>30x26 Sunny Cape "Best Selling Cape in NH" 48x41 Ranch Mod that looks like stick built</b> \$1,975,000 Call 569-3128	<b>96x28 Ranch, Roman Spa Bathroom, Incredible Kitchen!</b> \$975,000 Call 569-3128

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<b>WOLFEBORO- Four southwest</b> sloping lots vary in size from 1.9 to 3.3 Acres in a country setting. Close to Albee Beech on Lake Wentworth. \$59,000 /ea. (4409654) Call 875-3128	<b>Moultonborough- This 16'</b> 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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<b>Belmont, \$499,900</b> - #4413652 Beautiful home on 12.7 acres on Lake Winnepesaukee including dock & 2 private beaches. Post & Beam home w/ wide pine flooring, tile and slate throughout. Debbie Cotton 581-2883 & John Silva 581-2883	<b>Belmont, \$379,900</b> - #4453507 Beautiful sunsets and Lake Winnepesaukee views from this custom built Colonial style home w/ 4 BR, 2 BA. Shelly Brewer 581-2879	<b>Moultonborough, \$375,000</b> - #4477195 Adorable cottage located on the shores of beautiful Lake Kanastota. Set on 2.2 acres with 843 feet of lake frontage. Has a 7 bedroom septic system and drilled well. Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938

<b>Meredith \$375,000</b> - #4474798 Lake Winnepesaukee waterfront lot with a beautiful sandy beach, great lake views and gorgeous sunsets. Located in Meredith which offers an easy commute to I-93. Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938	<b>Sanbornton, \$339,900</b> - #4449954 Enjoy the lovely mtn views from the many oversized windows in the great room of this spacious Contemporary cape. Judy McShane 581-2800	<b>Gilford \$260,000</b> - #4471923 Lovely, turn key home in a small quiet association. Easy one level living w/ newly painted interior. 2 car attached garage for easy access. Judy McShane 581-2800

<b>Gilford \$249,900</b> - #4476520 Beautifully updated freestanding condo in desirable Country Village Way. This property is in like new, move-in condition. Great small association close to Elkoy State Park, Gilford Beach and all LR attractions. Ellen Mulligan: 603-387-0369	<b>Gilford \$249,500</b> - #4472317 A delightful Saltbox on a great corner lot w/ large two car attached garage and finished den connecting the house to the garage. Stan Shepard 581-2856	<b>Moultonboro, \$180,000</b> - #4477494 Lake Winnepesaukee deeded beach access, three bedroom, two baths on 2.9 acres. Bruno Coppola: 603-244-9544

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<b>Laconia: 2 BR, 1 BA</b> private home with 80' on Lake Winnepesaukee, a permanent dock, and sandy bottom frontage. The long lake views can be seen from every room in the house. With pine floors and wood interior this home has a warm feeling that will relax your soul and help your stress melt away. \$699,900 MLS# 4487836	<b>Moultonborough: 3 BR, 2 BA</b> home with 100' on Lake Winnepesaukee, docking system with 2 docks and a smaller deck, plus a walk-in sandy beach. Over 1,300 sqft. with gorgeous views, cathedral ceilings, knotty pine cabinets, heated porch, large deck, and an oversized 2-car garage with space above. \$789,000 MLS# 4488551	<b>Laconia: 3 BR, 2 BA</b> ranch with over 2,200 sqft. of living space, hardwood floors, marble entrance, open concept floor plan, a great 3-season room, finished basement, and 2-car garage. South Down Shores amenities include sandy beaches, clubhouse, walking trails, tennis courts, and more! \$425,000 MLS# 4488716	<b>Moultonborough: 2 BR, 2 BA</b> home with 2 bonus rooms located at Suissevale on Lake Winnepesaukee. Finished basement, garage, gas fireplace, attached deck and screened porch. Suissevale has its own private 2,500' beach, private marina and boat launch, clubhouse, tennis courts and playground. \$229,000 MLS# 4488757	<b>Laconia: 4 BR, 5 BA</b> home with 3,900 sqft. of living space, wall of windows to enjoy the lake views, open concept floor plan, finished basement, 3-season porch, large deck, and attached 2-car garage. Long Bay amenities include sandy beaches, docks, walking trails, in-ground pool, clubhouse, and more! \$659,000 MLS# 4488772

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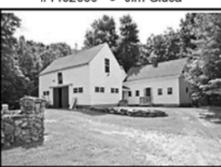
Spring is in the air at Coldwell Banker Residential Brokerage !!!!



3 BR 3 1/2 BA contemporary. Open concept, gas FP, high ceilings. Marvin windows, skylights, central AC, hardwood floors. \$459,900 #4462630 • Jim Giuca



Bring your ideas and design and build your dream home on this premiere waterfront property with sweeping lake and mountain views. \$3,400,000 #4388465 • Karen Laflamme



Newly restored 1830 antique farmhouse loaded with charm on 14.1 acres. 31X24 attached barn w/multiple stalls & storage. 4.3 acre property across street w/poss. guest house. \$350,000 #4440157 • Steve Gray



Conveniently located cottage near boat public docking facilities, beach, and in-town stores. Easement to land use - no land ownership included. \$160,000 #4452553 • Jim Giuca



Priced to sell, this attractively remodeled 3 season cottage is conveniently situated steps from one of the 5 Association beaches. \$98,500 #4392558 • Steve Gray



Prime Governor's Island location. Extensive covered docking, breakwater, landscaped grounds w/irrigation. Needs updating, but priced well below assessed value. \$1,499,000 #4463523 • Karen Laflamme

Visit All Lakes Region listings at [www.ColdwellBankerHomes.com](http://www.ColdwellBankerHomes.com)

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This candidate must have a Master's Degree, certified as a NH School Principal, and have a minimum of five years teaching experience. Interested applicants may submit a completed district application found on the website: [www.sau3.org](http://www.sau3.org), letter of interest, resume, three letters of reference and evidence of leadership roles or initiatives to: Corinne Cascadden, Superintendent, Berlin Public Schools, 183 Hillside Ave., Berlin, NH 03570 or email [hr@sau3.org](mailto:hr@sau3.org).

Application Deadline: May 27, 2016



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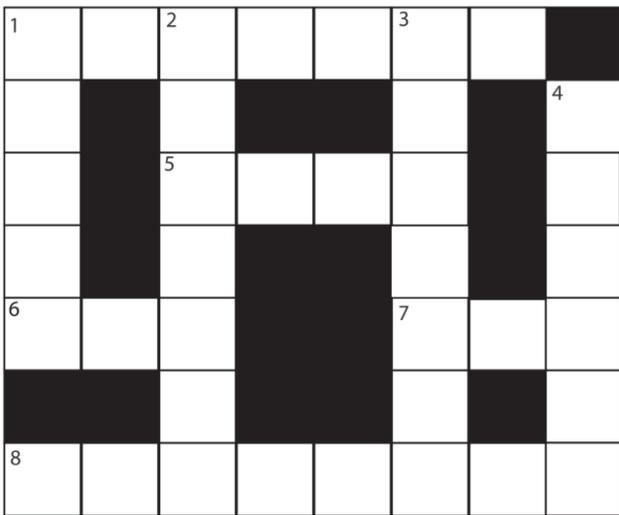
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# KIDS' CORNER

## Crossword Puzzle



**ACROSS**

- 1. Where veggies grow
- 5. Not found
- 6. Precedes seven
- 7. Move quickly
- 8. Baby frogs

**DOWN**

- 1. Swinging doors
- 2. Rested
- 3. From nature
- 4. Green things

Answers:  
 Across: 1. Gardens 5. Lost 6. Six 7. Run 8. Tadpoles  
 Down: 1. Gates 2. Relaxed 3. Natural 4. Plants

THIS DAY IN...



## HISTORY

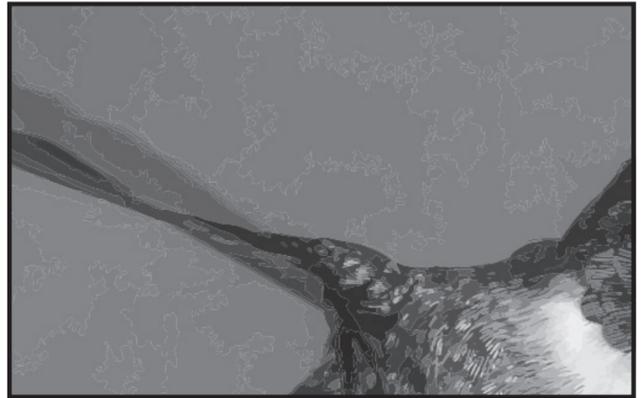
- **1792:** THE NEW YORK STOCK EXCHANGE IS ESTABLISHED WHEN A GROUP OF 24 BROKERS AND MERCHANTS MET ON WALL STREET.
- **1875:** THE FIRST KENTUCKY DERBY IS HELD AT CHURCHILL DOWNS.
- **1954:** THE U.S. SUPREME COURT RULES UNANIMOUSLY AGAINST SEGREGATION.

*New*  
word

## STAMEN

male fertilizing organ of a flower

## GET THE PICTURE?



CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: HUMMINGBIRD

## HEALTH FACT:

THE OUTDOOR ACTIVITY CAN RELIEVE STRESS, REDUCE STROKE RISK AND IMPROVE HAND STRENGTH AND DEXTERITY. IT ALSO MAY HELP REDUCE RISK FOR DEMENTIA



ANSWER: GARDENING

## Did You Know?

GARDENING CAN HELP PEOPLE REACH THE DOCTOR-RECOMMENDED TARGET OF 2.5 HOURS OF WEEKLY MODERATE-INTENSITY EXERCISE



## How they SAY that in...

- ENGLISH:** Flower
- SPANISH:** Flor
- ITALIAN:** Fiore
- FRENCH:** Fleur
- GERMAN:** Blüte



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**LAX**

The Eagles were unable to pull closer than four goals the rest of the

way however, as Oyster River's defense kept Gilford to the outside of the

(Continued from Page B1)

offensive zone for large chunks of time. Players like Kaylee Robbs, Olivia Harris and Julia Harris all contributed in the distribution game, but Gilford ran out of time as Oyster River held on for the 17-12 final.

Normandin, Nelson and Ruchti all finished with three goals a piece for Gilford, while Julia Harris, Bartlett and Robbs all added single tallies.

"We have the players capable of scoring goals, we just can't possess the ball consistently enough to go on big runs," Normandin said. "Plain and simple, we have to play better lacrosse going forward. That's what it all boils down to."

Normandin lauded the play of his defensive unit, as Kaitlyn VanBennekum, Hannah Saulnier and Hannah Sullivan all put in huge minutes defending goalkeeper Autumn Bos, who finished with eight saves.

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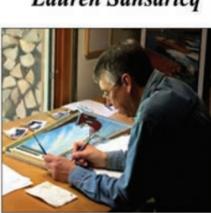
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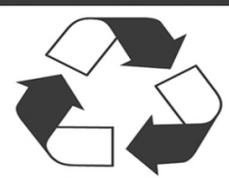
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