

Gilford Steamer

THURSDAY, APRIL 5, 2018

GILFORD, N.H. - FREE

GES students showcase all things maple

BY ERIN PLUMMER

mnews@salmonpress.news

Students at Gilford Elementary School served up their own maple syrup and maple facts during a special breakfast that rounded off a project on making their own maple syrup.

Since February, GES fourth graders have been tapping trees around the school and collecting sap that was boiled into maple syrup. Students also did research projects on maple syrup encompassing a variety of subjects.

The activity finished off on March 24 with a special pancake breakfast for fourth and fifth graders and a kindergarten class and their families with the kids' maple syrup. The event coincided with New Hampshire Maple Weekend.

This was the second year for the maple syrup project.

"It was a great year; we had over 100 gallons of sap we collected since February," said GES Principal Danielle Bolduc.

Students tapped trees around the school and collected sap, which was



ERIN PLUMMER

Students Kelsi French, Kendall Madon, and Olivia Albert sell baked goods made from maple syrup at the schools special pancake breakfast.

boiled over the week-ends. Matt Herbert and Kolleen Crawford did a lot of the boiling as did Bolduc herself. Jen Burke, who owns a sugar shack, also helped with the process. In the end

the sap became four and a half gallons of syrup.

"All the syrup being served today is from our trees," Bolduc said.

The breakfast was also a way to raise more community awareness

Building activity up in Gilford

BY ERIN PLUMMER

mnews@salmonpress.news

An increase in building activity and permits, as well as updates

on some legislation and the current status of the Airport Plaza project, were some of the topics addressed during the semi-annual report by the town planner at last week's selectmen's meeting.

Town Planner John Ayer updated the board of selectmen on planning and building activities in town during the selectmen's meeting on Wednesday.

The town will take valuation estimates from the applications, and Ayer said development at the last valuation is twice what it was the year before. Development was valued at \$3.5 million last year, while it was around \$1.7 million the previous year.

Solar panels are up significantly, from \$40,000 the previous year to \$600,000 last year. Ayer said there was only one application for solar panels the previous year, and 10 this year.

"I don't think there's any more tax benefit; people are just installing those for having that good reliable source of electrical service, I guess," Ayer said.

Last year, there were 335 permits issued, an almost 25 percent increase from the 271 permits issued the year before. Of those permits, 53 were electrical permits.

"People are spending money on their homes; it could possibly be indicative of the economy improving," said board Chair Gus Benavides.

The Planning Board is reviewing 10 applications, three related to subdivisions and a total of eight lots created through subdivisions.

The Planning Department updated its soft-

ware, and since then, they added 13 more permits worth around \$5,400 in fees.

Airport Plaza has received a variance for the location of its sign. Ayer said construction started that day, and it looked like they got the concrete base in.

Ayer said they have had a few calls from people about zoning related to vacation homes being rented through Airbnb and other short term rental services. He said the state legislature is forming a committee to examine this, and spoke to the limits that towns have in regulating these endeavors.

Ayer said the town has regulations regarding bed and breakfasts, though renting existing homes is different, since they do not meet the definition of a fully functioning bed and breakfast.

"At this point that's the tack their taking with this: we don't have any control about that at this point," Ayer said.

Benavides asked about any updates on the Airport Plaza development, including if any more freestanding buildings are going in. Ayer said there haven't really been any updates. He said someone called the office about a restaurant idea in that plaza, though he hasn't on this since then.

Benavides said the new owners of the Airport Plaza have done a good job with the property, including cleaning up the parking lot. Ayer said they have repaved and re-stripped the lot, put in new traffic lights, and a new sign, all of which he felt had significantly improved the appearance of the property.

Fees for Gilford ambulance services increase

BY ERIN PLUMMER

mnews@salmonpress.news

Certain ambulance services will have significant fee increases with the adoption of an updated fee schedule.

The selectmen held a public hearing last Wednesday night on the proposed increases in the ambulance fee schedule that would go into effect on April 1. The last update to these rates was done on April 1, 2015 and the Board of Fire En-

gineers approved the revisions.

The rate for Basic Life Support (BLS) will increase from \$561.90 to \$746, a \$32,7 percent increase. Advanced Life Support service Level 1 (ALS-1) will go from \$878.18 to \$1,066 (a 21.4 percent increase) and ALS-2 service will increase to \$1,578 from \$1,314.15 (a 20 percent increase).

Basic and Advanced Life Support (ALS) services in non-emergen-

cies will be eliminated.

There will be no other changes in other areas.

Fire Chief Steve Carrier said Bristol did a study of their ambulance rates and Carrier said Gilford's number was "clearly lower" than the rates of the surrounding communities.

"All I'm trying to do is remain competitive in the market," said Carrier said.

Carrier said the new

proposed rates take the average of the rate of their five closest neighbors.

"I think we're very average, and we're still below some of our closest neighbors," Carrier said.

Selectman Richard Grenier questioned the statement that they want to be competitive. He said when someone calls 911, the town essentially has a monopoly on service. Carrier

SEE **AMBULANCE** PAGE A12

Gilford Rotary Evening in Paradise this Saturday

The Gilford Rotary Club will bring the Caribbean to the Lakes Region with a special "Cabin Fever Reliever" event at Contigiani's Event Center this Saturday night from 5:30 to 10 p.m.

"An Evening in Paradise" is presented by All Metals Industries, Lake Region Dental Care, and Gilford Home Center and will feature a Caribbean style Buffet and desserts, special island drinks, a silent auction, 50/50 raffle and dancing to the hot tunes of the "Hot Tamales Band."

"An Evening in Paradise" cocktail reception at 5:30 p.m. and Dinner at 6:30 p.m. Dance the night away with the "Hot Tamales Band" from 7:30 to 10 p.m. So,



COURTESY

The Gilford Rotary Club will bring the Caribbean to the Lakes Region with a special "Cabin Fever Reliever" event at Contigiani's Event Center this Saturday night from 5:30 to 10 p.m.

bring your beachwear and your friends. The cash bar will offer beer, wine and special tropical Island Drinks.

Admission for this adults only event is \$50 and \$90 for couples.

Tickets can be purchased online at www.gilfordrotaryevents.weebly.com. Tickets are also available through Club members and at Greenlaw's Music Downtown La-

conia.

Evening in Paradise sponsors include Meredith Village Savings Bank, T-Bones/Cactus Jacks, Bank of New Hampshire and

SEE **PARADISE** PAGE A12

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

For one week a year, April 8-14, the Library holds nothing back. National Library Week is our time to shine. Bring out the horns (please don't, this is a library), launch the fireworks (that's a fire hazard, books are flammable), and sing (really? shhhh)! National Library Week is a chance for people to celebrate and support libraries and all that they do. The American Library Association has declared the theme to be 'Libraries Lead,' so please, this week, share with us how libraries have lead you.

I'll start: When I was young, my library taught me that I could

read what I was interested in unashamedly, and I haven't put Sci-Fi and Fantasy books down since.

Misty Copeland is the Honorary National Library Week Chair, which is awesome. She is an incredible author, athlete, performer, and role-model. Find her newest book, "Ballerina Body," in the library.

To celebrate, we have several unique programs going on. Try something new with two Adult Storytime sessions on Tuesday, April 10 from 10:30-11:30 a.m. and Thursday, April 12 from 3-4 p.m. They are modeled after children's storytimes, so adults will hear a li-

brarian read a short story and then they will enjoy a snack and craft. The New Hampshire Historical Society will hold a presentation on Immigration and the Granite State on Tuesday evening from 6:30-7:30 p.m. With plenty of details from primary sources, they will talk about immigrant experiences here in New Hampshire from 1700-1920.

Crafters can sign up for making Wire Wrap Bracelets with Wendy Oellers on Thursday, April 12 from 5-6:30 p.m. (cost is \$15 for supplies, due at sign up). Roney Delgadillo will host an Acrylic Painting Class on Friday, April 13 from 3:30-5:30 p.m. (cost is \$5 for supplies, due at sign up). Both of these sessions are totally beginner friendly and are great social experiences. Don't forget that the New Moon Women's Group is meeting on Saturday, April 14 from 10 a.m.-noon too.

National Library Week is when we have one of the most exciting series for kids: Touch-a-Truck storytimes! Every weekday from 10:30-11:30 a.m., kids can see a new vehicle and hear a story read by the driver or a librarian. Kids love to see and hear about the vehicles and to learn from the people that use them. Elementary Schoolers can also paint flower pots and plant seeds during early release on Wednesday, April 11 from 1:30-2:30 p.m. In addition to

their regular gaming programs, Teens can participate in a casual improv program during Early Release at 12:30 p.m. Improv is hilarious, but you have to put yourself out there, so this easy going environment is a great time to try it out.

All ages can enjoy the annual tradition put on by the Opechee Garden Club: Books In Bloom! The club puts together engaging floral arrangements themed on books of their choice to display them throughout the library. Take a look around during our regular hours on Thursday, April 12, Friday, April 13, or from 10 a.m.-noon on Saturday, April 14. You won't want to miss it! Libraries like ours provide exciting and educational programs for their communities all over the US. Go libraries!

and other activities, safety issues, and budget considerations.

Friday, April 6
Social Bridge, 10:30 a.m.-12:30 p.m.
Preschool Storytime, 10:30-11:30 a.m.
Ages three to five with a caregiver, sign up required.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.

Monday, April 9
Fiber Friends, 10 a.m.-12:15 p.m.
Touch-a-Truck, 10:30-11:30 a.m.
Visit the library for a Touch-a-Truck event! See a different vehicle each day this week at 10:30 a.m.
Mahjong, 12:30-3 p.m.
Teen Video Game Club, 3-4 p.m.
Play video games in the Library! With friends!
Lego Creator Club, 3:15-4:15 p.m.

Tuesday, April 10
Touch-a-Truck, 10:30-11:30 a.m.
See 'Touch-a-Truck' above.
Adult Story Time, 10:30-11:30 a.m.
Join us for an adult storytime, craft, and snack! To celebrate National Library Week, the library is holding an Adult Storytime. A librarian will read a short story, lead a craft, and we will all share a snack! Two different days, a morning and afternoon session are available!
Bridge, 10:30 a.m.-12:30 p.m.
Nightly Knitting, 6-8 p.m.
Immigration and the Granite State, 6:30-7:30 p.m.
Join us for a presentation from the New Hampshire Historical Society on Immigration and its history in New Hampshire! Explore primary sources and artifacts to reach conclusions

about different immigrant experiences in New Hampshire from the 1700s to the 1920s and discover how immigration enriches society with Kirsten Hildonen, museum educator. Free and open to the public.

Wednesday, April 11
Trustee Meeting, 8:30-10 a.m.
Line Dancing, 9-10:30 a.m.
Touch-a-Truck, 10:30-11:30 a.m.
See 'Touch-a-Truck' above.
Teen Early Release Improv, 12:30-1:30 p.m.
Swing by after school during early release and try out some casual improv.
Elementary Early Release: Planting, 1:30-2:30 p.m.
Paint a flower pot and plant a seed! Ages K-4, younger kids with caregiver.

Thursday, April 12
Books In Bloom, All Day
Yoga Fun (two to four year olds), 10:30-11 a.m.
Yoga Fun (four to six year olds), 11:15 a.m.-noon
Homeschool Game Club, 1:15-2:30 p.m.
Teen Tabletoppers, 2:30-3:30 p.m.
Adult Story Time, 3-4 p.m.
See 'Adult Story Time' above
Conversational French, 4-5 p.m.
Wire Wrap Bracelets With Wendy Oellers, 6:30-7:30 p.m.
Join us for wire wrap bracelets with Wendy Oellers! Wendy is a skilled jewelry-designer and owner of Dreamscape Jewelry Design located right here in Gilford. She'll teach you how to make your own beautiful beaded wrap bracelet in this fun and engaging evening class. Her classes are always a hit and fill up quickly so sign up at the Circulation Desk early. Cost of the program is \$15.

Gilford Public Library
Top Ten Requests

1. "The Flight Attendant" by Chris Bohjalian
2. "Red Alert" by James Patterson & Marshall Karp
3. "The Disappeared" by C. J. Box
4. "The Great Alone" by Kristin Hannah
5. "Alternate Side" by Anna Quindlen
6. "Look for Me" by Lisa Gardner
7. "Before We Were Yours" by Lisa Wingate
8. "Night Moves" by Jonathan Kellerman
9. "Fifty Fifty" by James Patterson & Candice Fox
10. "Born a Crime" by Trevor Noah



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Classes & Special Events
April 5-April 12

Thursday, April 5
Yoga Fun (two to four year olds), 10:30-11 a.m.
Yoga Fun (four to six year olds), 11:15 a.m.-noon
Homeschool Game Club, 1:15-2:30 p.m.
Teen Tabletoppers, 2:30-3:30 p.m.
Conversational French, 4-5 p.m.
Travel to National Parks, 6:30-7:30 p.m.
John Bunker has visited twenty national parks and organized several trips to Glacier, Grand Teton, and Yellowstone for family and friends. He recently visited Badlands, Bryce Canyon, Wind Cave, and Zion national parks. His presentation will include his top ten 'lessons learned' to plan your visit to our national parks. He will focus on lodging and dining, transportation, hiking

GILFORD POLICE LOG

The Gilford Police Department responded to 193 calls for service and made the following arrests during the week of March 27-April 2. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Merry Beth Peeneli-

atore, age 40, of Tilton was arrested on March 28 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, and in connection with a bench warrant.

James A. Hampe, age 20, of Franklin was arrested on March 30 for Transportation of Alcohol by a Minor and Unlawful Possession of Alcohol.

Kristen Dawn Paul, age 25, of Gilford was arrested on April 2 for Driving After Revocation or Suspension and Disobeying an Officer.

Jason Brown, age 34, of Meredith was arrested on April 2 in connection with a bench warrant, and on two counts of Possession of a Controlled Drug in an amount totaling less than one ounce.

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Town approves bid for new fireboat

BY ERIN PLUMMER
mnews@salmonpress.news

The board of selectmen approved the winning bid for the new fireboat last week, after the purchase was approved at town meeting.

In March, voters approved the warrant article for a five-year lease purchase agreement for a new fireboat. On Wednesday, the board voted unanimously in favor of awarding the bid for the fire boat to Eastern Boats of Milton. The 27-

foot, fiberglass boat will cost around \$248,395, which will be financed over five years.

Selectman Richard Grenier asked how fiberglass will hold up if put against a rocky shore. Fire Chief Steve Carrier said they typically don't go right to the shore of an island, and usually will land at the docks.

Carrier said they would be more careful with this boat given the materials. Carrier said it would be more to fix this boat than one with

an aluminum hull.

"We try to avoid rocks as it is, and we certainly don't beach the boat," Carrier said.

Grenier said having an aluminum boat would have cost \$100,000 more, which he said was a shame.

Carrier said Eastern Boats has five other fiberglass boats, including four along Winnepesaukee.

Grenier said this was information the public should know for their own benefit.

The bid award was

approved unanimously.

The Fire Department has been accepting donations toward the fire boat. Also

during that meeting the selectmen unanimously approved two private donations: one for \$75 from Savillia Morrisette, the other

for \$1,000 from Walter Hebold. Carrier later said the donations are aimed at purchasing the electronic equipment on the new boat.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

and Rec. Department at 527-4722.

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

Bolduc Park Golf Programs

The Gilford Parks and Recreation Department is offering a variety of golf programs at Bolduc Park through the spring for children and adults. Youth and Adult Lessons are available at Bolduc Park in two, three-class sessions during the evenings this May and June. The session dates for youth lessons for ages 6 and up are; May 8, 15 & 23 and June 5, 12 & 19. The session dates for adults are; May 10, 17 & 24, and June 7, 14 & 21. Classes run from 5:30-7 p.m. each evening.

Cost: Youth Lessons - \$60
Adult Lessons - \$70

All programs have limited availability and registrations will be accepted on a first come first served basis. For

Tickets available for Red Sox bus trip on July 12

The Gilford Parks and Recreation Department will be sponsoring a bus trip to watch the Red Sox at Fenway Park this summer. The trip is scheduled for Thursday, July 12 to see the Red Sox play the Toronto Blue Jays. Travel to and from the game will be provided aboard a Coach Company, Luxury Coach fully equipped with climate control, DVD Video System and Lavatory. This trip is limited to 53 participants, so register early!

Cost: \$70 per person or \$260 for a four-pack

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

GYC summer camp returns in June

The GYC is thrilled to offer a seven-week, full day summer camp for students in grades five through eight. The camp runs from 8:30 a.m.-4:30 p.m. beginning June 25. The participants will go on field trips to local attractions and enjoy two beach days each week!

The GYC offers a safe, struc-

tured and fun environment for all those who attend! The GYC Summer Camp is one of the most affordable camps in the Lakes Region.

For more information, contact Scott at 524-6928. Register now at gilfordyouthcenter.com. Financial assistance is available.

School District Governance Association President to address Belknap County Republicans

GILFORD — The Belknap County Republican Committee (BCRC) has announced that their next monthly meeting will be held on Wednesday, April 11, at 6:30 p.m. at Patrick's Pub & Eatery, 18 Weirs Rd., Gilford.

This month's guest speaker is Donna Green, President of the School District Governance Association of New Hampshire. According to their Web site, the SDGA NH was created "to establish a forum for past and present school district elected officials and others with elected fiduciary responsibility over a school budget."

Ms. Green will share details of the organization's mission, which is to "educate and empower elected school district officials so they can effectively assert their lawful authority and be responsive to their electorate." She will also share information about past activities, accomplishments, and future plans for the Association.

With a focus on the

upcoming November elections, the Committee invites any Republican residents of Belknap County who may be interested in running for office at the State and County levels to attend the April 11 meeting. The Committee will also be announcing the details of this year's June 1 annual Lincoln Day fund raising cruise on the M/S Mount Washington on Lake Winnepesaukee, which has attracted more than 500 people in the past.

Belknap County GOP meetings are open to all Republicans and like-minded Independents. Per their usual meeting format, if you're interested in having dinner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The Committee again encourages its members to continue to bring non-perishable food items for donation to local food pantries.

For more information, please check the Committee's Web site at [tyGOP.org or send an email to \[alan.glassman@gmail.com\]\(mailto:alan.glassman@gmail.com\).](http://www.BelknapCoun-</p></div><div data-bbox=)

Humane Society to host community Rabies & Microchip Clinic

LACONIA — New Hampshire Humane Society will host the second of three community rabies and microchip clinics at the Meredith Center Road, Laconia based shelter on Saturday, April 7.

Attending NH Humane Society Veterinarian, Dr. Siobhan Bach will be administering the vaccine from 9 a.m. to noon.

The rabies clinic is open to anyone with a kitten or puppy older than 12 weeks of age, or adult cat or dog needing the vaccine.

Cats must be in a carrier, and dogs on a leash to ensure safety. The cost per animal will be \$15.00 for a one year, or three year vaccine - the shelter is also offering microchip service for \$30 per pet, to ensure four-legged family members can find their way home should they arrive as strays at the animal welfare agency.

Interested folks should plan to arrive with their cats from 9 to 10 a.m., and with dogs from 10 a.m. to noon.

Rabies, a viral zoonotic disease, presents a significant health risk to mammals, and humans. Generally contained within the animal kingdom, this disease can jump that natural barrier via the family dog, or cat, and from wildlife, raccoons, bats and other warm blooded animals.

New Hampshire State law stipulates all

cats and dogs require rabies vaccination and periodic boosters to ensure protection against this terrible disease.

New Hampshire Humane Society current-

ly provides services to seventeen surrounding towns for stray animals. For more information about the clinic, call 524-3252 or check www.nhhumane.org.



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Pet of the Week: Molly



What's a perfectly nice dog, like Molly doing, still waiting in a place like New Hampshire Humane Society, for a forever home?

Molly, the Beagle mix, aged not quite 2 years old, arrived from Texas in December. The hold up to a permanent home is perplexing to us who take care of her every day.

She has some quirks, a broad smile on her furry face, all the time, being the top endearing factor in this sweet dogs profile. Yes, she actually smiles, some

dogs do!

A beagle is indeed a busy dog, with superior intelligence. Ergo a home where she will continue to thrive, learn, interact and enjoy life is what we hope for now as Spring arrives and the snow dissipates. If you're ready for hiking, and outdoor pursuits with a canine by your side, them Miss Molly surely is worth a meet and greet supervised by one of our Adoption Counseling team?

Call 524-3252 – check www.nhhumane.org

NORTH COUNTRY NOTEBOOK

TV show inspires thoughts of the (not so) lowly beaver



By JOHN HARRIGAN
COLUMNIST

My siblings and I were fortunate to grow up within reconnoitering distance of a swamp. My mother, a non-helicopter Mom before her time, saw swamps as safer than streets and sidewalks. Hence her frequent suggestion, "Go play in the swamp."

I only had to hear this suggestion once, and the further I explored the swamp the more of it I wanted. And it wasn't long before I came smack up against the works of the beaver.

+++++

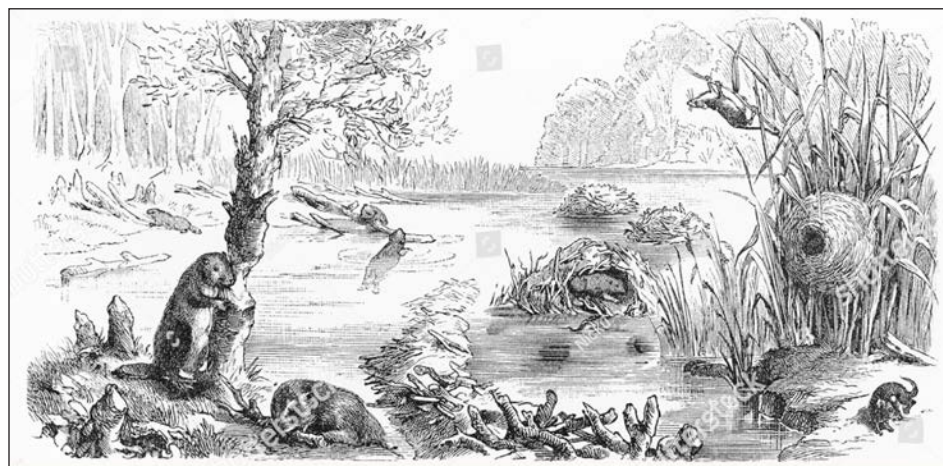
Beaver Brook, which begins in Stewartstown and Colebrook as springs and trickles amongst the ridges of South Hill, in those years pretty much ended in a huge alder swamp behind our house on Park Street, one of the main routes into town. It was here, in the vestiges of an 1880s water-powered manufacturing complex, that I stumbled onto an amazing waterworks complex of the beaver's very own.

There were major dams and minor dams, wing dams and canals, and in the midst of it all, quite a far cry apart, two very big and very active



COURTESY

A beaver about to make a big splash. I've long thought that this startling tail-slap is an inherited trait to gain a second or two on the beaver's would-be predator (a bear, a coyote) rather than to warn the rest of the colony, as is so often told. (Courtesy NH Fish & Game, ardea.com)



COURTESY

There's plenty going on in this 18th Century fantasized illustration of a beaver colony—beavers building a dam, another felling a tree, and others here and there if one looks, some actual beavers, some not. (Courtesy NH Fish & Game, shutterstock.com)

beaver lodges.

Soon I was absorbing all that I could get to know about beavers, adding to in-the-field observations by looking stuff up. The beaver, resources said, is among Earth's oldest warm-blooded species. And the beaver has done more to reshape major landscapes and to create or alter habitat than any other creature on the planet, including man.

What dredged all this

up was a Nature series special I bumped into on late-night TV on, of course, the beaver.

+++++

The swamp inspired a big part of my early life. It was the source of my first public drawing, in Mrs., Drew's fourth grade class (I think).

It was a rendition of a red-winged blackbird perched on a cattail. I remember that I first

sketched it out in black and white, because it was for a class in water-color painting. When I had the soft lines of pencil just where I wanted them, I painted in the colors.

I had chosen the red-winged blackbird because it was among the first birds of spring, right along with the crows, which back then were migratory. The crows, hungry upon arrival, were a sight to see. **NOTEBOOK PAGE A12**

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BY MARGARET PRITCHARD

Executive Director

DEB PENDERGAST

President, Board of Directors

Lakes Region Mental Health Center On behalf of the Board of Directors, employees, patients and families of Lakes Region Mental Health Center, we wanted to express our gratitude for the generous appropriations we received from so many of the towns we serve. The support of our community is at the heart of our work. Without you and your steadfast support, we could not improve the quality of life for over 3,883 children, families

and adults each year. Together, we make the Lakes Region – our community – a healthier place to live, work and play.

Thank you to the towns of Alexandria, Alton, Ashland, Belmont, Bristol, Camp-ton, Center Harbor, Gilford, Gilmanton, Groton, Hebron, Holderness, Meredith, New Hampton, Plymouth, Rumney, Thornton and Tilton for supporting Emergency Services, and to the City of Laconia for its past and anticipated support. We recognize that you have difficult choices to make, and we thank

you for choosing to invest in Lakes Region Mental Health Center.

One in five adults and one in ten young children will be affected by a mental health disorder in a given year. Mental illness impacts all of us in some way, whether directly as a patient or family member, or indirectly as a member of the community. Without proper treatment, mental illness often affects one's ability to work, participate in school, contribute to the community and maintain relationships. In fact, the economic cost of untreated mental illness in the United States is estimated to be between \$150 and \$200 billion per year (Rampell, 2013), causing unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives (National Alliance on Mental Illness, 2011). Reduced access to mental health care leads to increased

demand on many of the systems in our community, including emergency rooms, law enforcement, first responders, courts, corrections, schools and municipalities.

The appropriation you made to Lakes Region Mental Health Center will help us provide Emergency Services to any resident of your town who is experiencing a mental health crisis. Our team is available 24 hours a day, seven days a week to provide crisis intervention, regardless of an individual's ability to pay. The funding we receive from towns alleviates the deficit we incur as a result of providing this program to our communities.

We look forward to a continued partnership with the towns we serve and we encourage you to advocate, give, or volunteer. Most of all, we thank you for recognizing that a healthy community requires healthy minds as well as healthy bodies.

Send us your letters!

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Our fax number is 279 3331.
E-mail us at brendan@salmonpress.news.
We're looking forward to hearing from you!

Strategies For Living

Thank you...thank you!

BY LARRY SCOTT

From Max Lucado’s book, “In the Eye of the Storm,” comes this story:

“It happens every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to dip into the blue ocean, Old Ed comes strolling along the beach to his favorite pier. Clutched in his bony hand is a bucket of shrimp.

Ed walks out to the end of the pier, where it seems he almost has the world to himself. ... Before long, dozens of seagulls have enveloped him. Ed stands there tossing out shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, “Thank you. Thank you.” In a few short minutes, the bucket is empty. But Ed doesn’t leave. He stands there lost in thought, as though transported to another time and place.

His full name: Eddie Rickenbacker. ... On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hun-

ger. By the eighth day their rations ran out. No food. No water. ... They needed a miracle.

Time dragged. ... Suddenly, Eddie felt something land on top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal – a very slight meal for eight men – of it. They used the intestines for bait. With it, they caught fish, which gave them food and more bait ... and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued.

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first living seagull. And he never stopped saying, “Thank you.” That’s why almost every Friday night he would walk out to the end of that pier with a bucket full of shrimp and heart full of gratitude” (pp. 221, 225-226).

Eddie Rickenbacker’s thankfulness for a seagull that had to die that he and his crew might live is a rather crude reminder of one who died that, to paraphrase Jesus words,

“We might have life and have it abundantly.” Far from following his precepts as a matter of obligation, we serve him because we love him, from a heart

of deepest gratitude. The limitations to our drives and ambitions that we have chosen to accept are nothing when compared to the peace of mind, the

sense of purpose, and the promise of eternal life that is ours due to the death (and resurrection, I might add) of the one who loved us first. “Thank you,

dear Lord. Thank you ... thank you!”

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

MARK ON THE MARKETS

Can you explain it?



BY MARK PATTERSON

Financial literacy would have been another title getting to the point of what I wanted to address this week, but because of discussions with potential clients looking for help with investments, but not having an accurate accounting of what they have, I have a simple question! Do you know what you have? Can you explain it? On several occasions in the recent months, I have been asked for help regarding a retirement income plan. When asked how their money was invested, they replied that they were in mutual funds. As a part of my assessment

of the portfolio I ask to see their statement with a listing of the funds in it. If you have been reading my column you would know that I would probably extract the top holdings from these funds, put them on a spreadsheet and look for overlap in companies or lack of diversification of asset class. But there it is again! An insurance product with mutual funds in it called a “variable annuity.” Not one of these people that I was attempting to help knew that they were in a product that traditionally has high fees, market risks and a monetary penalty for early withdrawals or surrender. When I asked them why they were in the VA, not one person knew why they were in this product or any potential benefits, risk or features that should have been explained by the salesperson that sold it to them. Most variable annuity owners were also not clear on the “guarantees” that

the salesperson mentioned.

I am not opposed to a product if it is what is best for the client, it just happened to be a poor choice for these particular people that that I was attempting to help. Anything with the word “variable” likely has market risk associated with it. While market risk is fine for some, it is not for others. If you wanted to take on market risk for higher potential gains, then you could go with mutual funds, stocks or exchange traded funds. The Annuity just defers taxes and may have some income features, but an IRA is tax deferred already, or as we discussed last week you may want to pay taxes now and take it tax free later. To be fair and open minded I have asked a few registered reps or advisors, those licensed to sell VA’s, the advantages to investing in a VA vs mutual funds or ETF’s in an IRA. The consensus answer, al-

though not admitting it right away, is that the compensation they make is higher in a VA than the other “investments” and that they are “product placement” advisors as opposed to investment advisors.

An easy way to determine if an investment is right for you would be to have a basic understanding of the investment and the fees, risks, benefits and how it fits into your overall plan. Not that you have to understand every nuance of this investment, but can you explain it to your spouse, friend or parents? If you are aware of all the fees, risks and early surrender charges, if they apply, then able to articulate why this fits into your financial or retirement income plan, then go for it!

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

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Michael F. Dutile, 66

LACONIA — Michael F. Dutile, 66, of Winter Street died at home on Sunday, April 1, 2018.

Michael was born on Feb. 17, 1952 in Laconia, the son of Armand D. and Theresa (Carrier) Dutile. He served in the US Coast Guard. Michael was a master oil heat technician for forty six years for Dutile & Sons, Inc. Michael was the founder of Freedom Fuel, a non-profit program dedicated to helping veterans with their heating needs. He enjoyed hunting and fishing and especially loved his two grandchildren.

He is survived by his wife, Ricarda Lynn "Ricci" (Moore) Dutile of Laconia; one son, Kevin Michael Dutile, and his wife Rebekah of Laconia; one daughter, Angela Amelia



Breitenstein, and her husband Bill of Racine, Wisc.; three brothers (Ronald Dutile and his wife Linda of Laconia, Dan Dutile and his wife Margo of Meredith, and Paul Dutile and his wife Kim of Arkansas); one sister, Linda Carrier of Arizona; two grandchildren, Damon Michael Shute and Lexi Emelia Shute; nieces, nephews and his beloved dog, Lulu.

In addition to his parents, he was predeceased by his brother, Philip Dutile.

There will be no

public calling hours.

A Mass of Christian Burial will be celebrated at 10 a.m. on Thursday, April 5, 2018 at St Andre Bessette Parish - St. Joseph's Church, 30 Church St., Laconia. Burial will follow in the family plot at Sacred Heart Cemetery, Garfield Street, Laconia.

For those who wish, memorial contributions may be made to Freedom Fuel, c/o Dutile & Sons Inc, 242 Messer St., Laconia, NH 03246.

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

Zelma Blanchette Price, 84

LACONIA — Zelma Blanchette Price, age 84, died quietly at her home in Laconia on Tuesday, March 27, 2018.

She was born and grew up in West Hopkinton. She was a joyful follower of Jesus Christ, generously sharing His love and His light with everyone she came in contact. She served and worshipped faithfully for many years as a member of Evangelical Baptist Church.

She is survived by her husband of 64 years, Robert L. Price; her three children (sons Douglas Price and David Price, daughter-in-law Anna



Price, and daughter Crystal Price Hooper and son-in-law John Hooper); four grandchildren (Katherine Price, Elizabeth Price, Christopher Hooper, and Rebecca Hooper); three great grandchildren (Kallie, Jayce, and Hayden).

She was predeceased

by her parents, Harry and Nellie Morton Blanchette, and sister Wilona Bunie.

There will be no calling hours.

Burial was held Friday, March 30, 2018 at the New Hampshire Veterans Cemetery 110 Daniel Webster Highway, Boscawen, NH 03303.

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.

Clifford Harmon Stockwell, 76

GILMANTON - Clifford Harmon Stockwell, 76, passed away on Tuesday, March 27, at his home.

Clifford was born in Wolfboro on Oct. 1, 1941, the son of Leonard, Sr. and Ruth (Clifford) Stockwell. He was a lifelong resident of Gilmanton, and worked as a receiver for Globe Manufacturing.

Clifford is survived by his wife, Jeannette (Crete) Stockwell; two sons, Andrew (Jane Sanborn) Stockwell and Daniel (and partner Gwen Stitt) Stockwell; three daughters, Marion (and husband Gordon) Jones, Faith (and husband Peter) Robie and Christine Regis; 11 grandchildren (enjamin, Caleb,



Jillian, Roxanne, Ashley, Douglas, Jessica, Lindsay, Joshua, Nicole and Maximus); brother, Leonard (and wife Karen) Stockwell, Jr.; sister, Mary Richardson; seven grandchildren; and many nieces and nephews.

He was predeceased by his parents, one grandson, Eli Stockwell, and two sisters, Nancy Lines and Ena Price.

There will be no calling hours.

A Mass of Christian Burial will be Celebrated at 10 a.m., Saturday, April 7, 2018 at St. Joseph's Parish, 96 Main St., Belmont.

Burial will be private.

In lieu of flowers, memorial donations may be made to American Heart Association, 2 Wall St., #104, Manchester, NH 03101.

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

Myrna M. Vaughan, 78

BELMONT — Myrna M. Vaughan, 78, of Belmont, passed away at the Laconia Rehabilitation Center, Laconia on Friday, March 16, 2018.

Mrs. Vaughan was born Dec. 21, 1939 in Fitchburg, Mass., the daughter of Alfred and Mary (Legere) Allen. Graduating from Lunenburg High School in 1960, she had been a star member of the women's basketball team throughout her four high school years. She lived in Windham for 42 years before moving to Belmont 18 years ago. Before retiring, she had worked in the Belmont school system as a food service technician. Mrs. Vaughan was an avid craft enthusiast, deriving much enjoyment from bead and jewelry work, as well as paper crafting. She also had a special interest in Native American Culture. Mrs. Vaughan enjoyed traveling, finding



Nova Scotia to be her favorite destination. She had been a member of AA for 32 years.

Survivors include her daughter, Mary Alice Vaughan of Manchester; a half brother, Alfred Allen of London, Ohio, and a half sister, Donna Allen of Fitchburg, Mass.

In addition to her parents, she was predeceased by a son, Timothy Vaughan, and husband Allan Vaughan.

A Celebration of Life memorial service and gathering will be held on Friday, April 6, 2018 from 6 to 9 p.m. at

The Pines Community Center, 61 Summer St., Northfield.

Spring burial will be in the family lot at Cemetery on the Hill in Windham.

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.

BELMONT — Michael A. Vincent, 74, also known as "Mike, the Bus Driver," passed peacefully at home on March 26, 2018, with his wife by his side after a valiant, courageous battle against pancreatic cancer.

Born in Sanford, Fla., a son of Walter and Thelma (Poulin) Vincent, he attended school in Kodiak, Alaska, and San Diego, Calif., and was a graduate of Bethesda Chevy Chase High School in Bethesda, Md.

Mike enlisted in the US Army in 1962 and, after his honorable discharge in 1965, became a commissioned clothing salesman for the Hecht Company in the Washington, D.C. area. Subsequently, he worked for the USPS until 1977 in Silver Spring, Md., and then relocated to Anchorage, Alaska for a short time. In 1978, he returned to Springvale, Maine, where his parents resided and where he was introduced to Sue, the love of his life. At the urging of friends, they moved to Belmont in 1984, with a plan to live in New Hampshire for two years.

During this time, it was serendipitous that a rainbow touched down in their backyard which they took as a sign that they stay put



in Belmont. This is where he found his true calling as a school bus driver for the Shaker Regional School District, working for Lakes Region Transit, Bruce Transportation Group and First Student. He was actively involved in the unionization of the First Student district in the early 2000s. For 28 years, he drove Bus 2, transporting up to two generations of students from K-12. He made it a point to learn each student's name so he could personally wish them good morning and goodnight. He truly enjoyed field trips and enthusiastically supported the Belmont High School girls' volleyball and basketball teams.

He enjoyed cross-country skiing, canoeing and hiking in the mountains of New England especially Acadia National Park. He was an avid gardener starting most plants from seed; and when he wasn't busy garden-

ing, he was on his motorcycle with Sue. He loved the ocean and most particularly enjoyed camping along the coast of Maine. Although he spelled phonetically, he became a formidable Scrabble player using the honor system to look up the correct spelling in the dictionary. He became interested in paleontology in the '70's and took advantage of fossil hunting whenever the opportunity presented itself—the Calvert Cliffs in Maryland, Joggins Fossil Cliffs and Prince Mine in NS and Warfield Fossils in Montana. Nothing could surpass his love of a good campfire in the backyard with good friends with the exception of adding fireworks to the mix!

In addition to his parents, he was predeceased by his son, Michael Vincent, Jr., in 1995.

He is survived by his best friend and wife for 40 years, Susan; a daughter, Deborah Krick, and her husband, Robert, of Pasadena, Md.; and two grandchildren, Jack and Maggi. He leaves two sisters, Dr. Miriam Vincent of Boston, Mass. and Margaret McLaughlin and her husband, Patrick, of North Berwick, Maine, and one brother, Robert

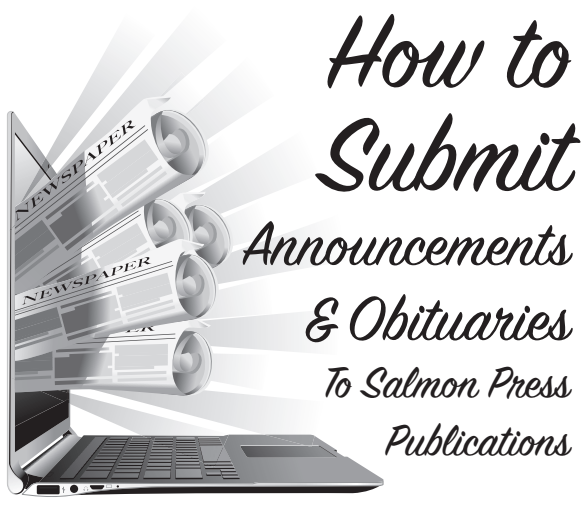
Vincent, and his wife, Elaine, of Ocala, Fla. He is survived by many nieces and nephews.

Calling hours will be held from 4:30–7:30 p.m. on Thursday, April 5, at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Mass of Christian Burial will be celebrated at 9:30 a.m. at Saint Joseph Parish, 96 Main St., Belmont, with a celebration of his life to follow at the Beane Conference Center, 35 Blueberry Lane, Laconia.

If so inclined, in lieu of flowers, the family requests that memorial donations be made to the Norris Cotton Cancer Center, c/o Dartmouth Hitchcock Development Office, One Medical Center Dr., Lebanon, NH 03756-0001 or the St. Labre Indian School, Ashland, MT 59004 or online at www.stlabre.org – Ways to Give.

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.



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Gilford High School honor roll

Gilford High School has released its honor roll for the second trimester of the 2017-2018 school year.

Grade 9
High Honors: Blake Bolduc, Bridgette Dahl, Caroline Dean, Andrew

Flanders, Alyssa Gosselin, Kendall Jones, Mae Kenny, Kayla Loureiro, Brayden McDonald, Madyson McDonald, Stevie McSharry, Jacqueline Nash, Catherine Pingol, Sofia Sawyer, Bethany Tanner, Charles Townsend, and

Kenaniah Valentine.
Honors: Gerron Belanger, Alexander Berube, Tyler Browne, Jason Callahan, Kayla Cisneros, Grace Denney, Annabelle Eisenmann, Harrison Laflamme, Jennifer Laurendeau, Leah McClinton, Colin Mc-

Greevy, Kaelan O'Connor, Carson Ormes, Kathryn Osburn, Kathryn Price, Serena Pugh, Grace Shoemaker, and Jordan Witham.

Grade 10
High Honors: Cody Boucher, Alysha Bur-

ton, Myranda Byars, Jillian Cookinham, Jenna DeLuca, Naomi Eldridge, Brianna Fraser, Natalie Fraser, Katiana Gamache, Benjamin Gardiner, Laurel Gingrich, Sophie Leggett, Kolbi Plante, Rachael Shute, Maxwell Stephan, Connor Sullivan, Ian Taylor, Elena Uicker, Abigail Warren, Colton Workman, and Molly Wrobel.

Honors: Erica Cao, Jaiden Carter, Adin Cisneros, Samuel Drew, Madison Eastman, Shannon Gately, Baylee Gill, Taylor Hurst, Lucy Jude, Ramsey Landry, Sydni Lehr, Erin Madden, Kyla Mercier, Chloe Schwartz, Joshua Testa, Joseph Voivod, and Jeremy Wilson.

Grade 11
High Honors: Nicole Berube, Kendall Boisvert, Rhiannon Day, Camryn Dembiec, Michael Eisenmann, Abigael Fillion, Ashley Loureiro, Gregory Madore, Matthew McDonough, Margaret McNeil, Emma Nelson, Laurel Normandin, Samuel Ruchti, Olivia Salesky, and Emily Waite.

Honors: Alexis Boisvert, Zachary Cobis, Brandon Cole, Melody Davies, Meredith Ellis, Troy Gallagher, Mariah Gardner, Michael Maltais, Samuel Mercer, Erika Mosher, Brianna Salanitro, Sanborn Karly, Miaya Shurbert, and Hannah Waite.

Grade 12
High Honors: Tyler Bean, Brendan Bergman, Cloe Boucher, Taryn Breton, Kaelin Cegelski, Julianna Coulstring, Sarah Currier, Julia Davis, Lauren Dean, Camryn Drew, Shaun Edson, Sandor Gamache, Riley Glover, Tyler Hanf, Luke Harding, Olivia Harris, David Hart, Mikayla Homkiewicz, Samantha Knowles, Emily Kordas, Jillian Lachapelle, Kaia Langathianos, Connor Leggett, Lydia Meserve, Olivia Morea, Caitlyn Nash-Boucher, Jonathan Nelson, Micaela Niskala, Gabrielle Podmore, Elizabeth Relf, Madison Relf, Christian Remick, Aria Stephan, Gwenhwyfar Stracchino, Olivia Trindade, Ethan Warren, Christian Workman, Sophia Wrobel, and Michele Young.

Honors: Brooke Beaudet, Kaitlyn Callahan, Brayden Casella, Owen Day, Sarah Fillion, Ian Gardner, Erin Gately, Bailey Hildreth, Mitchell Juneau, Ryan Kingsbury, Alexis Lacroix, Joshua LaFrance, Matthew Larose, Jacob Malburne, Callie McGreevy, Connor McKenna, Kasey Moore, Melissa Moynihan, MacKenzie Neuman, Ethan Ormes, Owen Ramsey, Kellie Ryan, Emily Smith, Seamus Therrien, Christopher Weimann, Michael Wernig, and Carly White.

Gilford Middle School honor roll

Gilford Middle School has released its honor roll for the second trimester of the 2017-2018 school year.

Grade 5
High Academic Honors: Clark Blackwelder, Anna Coapland, Georgia Eckhardt, Kendall Myers, Benjamin Wolpin
Academic Honors: Rachel Beck, Patrick Brooks, Makenna Clayton, Mallory Daley, Leah Davignon, Cameron Drouin, Molly Hagan, Madeline Isabelle, Micah Javalgi, Harry Jenkins, Isabelle Johnson, Olivia Keenan, Grace Kelly, Carter LaLiberte, McKenzie Leroux, Ava Lien, Carson McGreevy, Abigail Morin, Kaitlyn O'Brien, Lamija Pintel, Sophie Powers, Kaegan Sanville, Alana Sawyer, Benjamin Selfridge, Brody Testa, Josiah Valentine

Grade 6
High Academic Honors: Elizabeth Albert, Aiden Bondaz, Samantha Dahl, Michael Guerin, Caroline Guest, Madeline Guest, Ryan Guyer, Rosabella Lesniak, Andrew McDonough, Rylee Rizzitano, Benjamin Suranyi, Ryan Turmel
Academic Honors: Sidney Bartlett, Ean Bickford, Noah Bolduc, Caroline Colby, Grace Cook, Benjamin Czerwinski, Sienna Diaz, Sydney Eastman, Merrill Fay, Carter Forrest, Kassie Gard, Caleb Giovanditto, Kimberly Griffin, Avery Hennig, Lela Hodgkins, Hayley Jeffreys, Haukur Karlsson, Tanner Keenan, Abigail Kenyon, Scott Kulcsar, Eva Lacey, Charlotte Lehr, Colin Logan, Allison Marshall, Emma McBride, Ellie Nicolas, Riley Powers, Isaiah Reese, Chloe Romprey, Jaimen Sawyer, Abigail Seal, Lydia Stefan, Rylee Stefan, Evan

Stewart, Henry Stow, Benjamin Weismantel, Addy Wernig

Grade 7
High Academic Honors: Samuel Cheek, Patrick Gandini, Murphy Harris, Madison Hazelton, Sydney Irons, Stratford Kenny, Allison Kenyon, Michael Kitto, Riley Logan, Camryn Marshall, Madison Nash, Lauryn Nash-Boucher, Savannah Neuman, Jesse Powers, Jalen Reese, Ethan Roys, Ashley Sander-son, Joseph Shelb, Avery Totten, Emily Watson, Taryn Wernig
Academic Honors: John Blandford, Jordyn Byars, Tyler Davignon, Gabriella DeCarli, Carson DeHart, Dane DeHart, Ella Denney, Taylor Dillon, Allison Ellis, Alexandra Fay, Vanessa Flanders, Kayla Gallagher, Lauren Gallant, Logan Grant, Nathan Griffith, Lacey Houle, Cole Howard,

Hailey Johnson, Joseph LaChance, Tyler Lafond, Samuel Leggett, Landon Lewis, Hailey McKenna, Michelangelo Mitchell, Jaden Morin, Emily Moynahan, Brenna O'Connor, Harshil Patel, Alysén Pichette, Christine Pingol, Tyler Rizzitano, Lexi Shute, Tessa Tanner, Lily Tierno, Maria Uicker

Grade 8
High Academic Honors: Jack Cennamo, Vanessa Genakos, Nicole Green, Avery Marshall, Riley McDonough, Harper Meehan, Mackenzie Roys, Mitchell Townsend
Academic Honors: Anthony Aguiar, Eva Bondaz, Anna Cook, Kaleena Dyer, Abigail Jarvi, Kelin Jeffreys, Ashley Kulcsar, Zoe Lehman, Alexa Leonard, Riley Marsh, Bradley McIntire, Molly McLean, Harry Meehan, Lauren Sikoski, Catherine Stow, Ruby Tinsley

Meredith Village Savings Bank, Merrimack County Savings Bank launch new financial management tool

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSb) and Merrimack County Savings Bank (the Merrimack) recently implemented a new, complimentary Personal Financial Management (PFM) solution for its online banking customers. Both Banks have partnered with industry-leader, MX Money Management to provide these enhanced services.

“In a technology

driven world, consumers are accustomed to instantly accessing information whenever and from wherever they need, so they’re also looking to banks to keep them informed about their finances in the same manner,” said Angela Strozewski, Senior Vice President and Operations Officer. “Money Management shows customers their entire financial picture in one place to help them stay on top of their daily

spending, debt, savings for the future and so much more; all the information needed to make smart financial decisions right at their fingertips.”
Money Management can be accessed by customers within online banking or from the each bank’s mobile app. The tool aggregates a customer’s financial relationships to help create budgets, set savings goals and manage debt. Key features include:

- Development and customization of budgets based on spending patterns. Visual bubble charts allow users to quickly identify budget items that may need attention.
- Auto categorization of expenses to aggregate spending trends. Money Management boasts the best auto categorization available with approximately 90 percent accuracy. Users can also manually categorize

SEE FINANCES PAGE A13

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Edward Jones: Financial Focus

Should You Make Extra Mortgage Payments or Boost Your Investments?

Every month, you pay your mortgage. And, depending on your circumstances, you may be able to afford to put in additional payments – perhaps sizable ones. But should you? Or, if you really have the extra money, should you invest it?

Initially, you might think it would be quite nice to rid yourself of that mortgage sooner, rather than later. But is it really the burden it seems?

Actually, you get some real benefits from a mortgage. It certainly provides something of great value to you

– your home. If you got your mortgage – or refinanced your home – within the past decade or so, you are borrowing money at a pretty favorable interest rate, by historical standards. And even assuming a mild rate of inflation, such as we’ve had for the past several years, you’ll essentially be paying off your mortgage with cheaper and cheaper dollars over time. Plus, your interest payments may well be tax deductible. (The new tax laws limit deductions on new mortgages of \$750,000 or more. For questions

on your specific situation, consult your tax professional.)

So, given these advantages, an argument could be made that you should be in no hurry to pay off your mortgage. Still, you might be tempted to make the extra payments because you’ll be building home equity. After all, isn’t this equity valuable? It is – to a degree. The larger your home equity, the more money you’ll get to keep when you eventually sell your home.

But in the meantime, that home equity may be less

useful than you might imagine. For one thing, just building more equity won’t make your home more valuable – it will rise (or fall) in value along with whatever’s happening in the housing market. By contrast, you could take the extra money and buy more shares in an investment such as stocks – and the more shares you own, the more valuable your investment will be if the price per share rises.

Also, if you were to experience a temporary job loss or some other financial emergency, your home

equity might not help you much; if you’re not working, you could even have trouble getting a home equity loan. Conversely, your investment portfolio can offer you greater liquidity, depending on your specific investments. Most investment vehicles, such as stocks and bonds, generally can be sold quickly, without much difficulty. (Keep in mind, though, that if you were forced to sell investments when their price was down, you could take a loss on the sale.)

Clearly, you could gain some advantages by using

any extra money to invest, rather than paying down your mortgage. Nonetheless, you may simply get emotional and psychological satisfaction by speeding your progress toward the day when your house is paid off – and that type of satisfaction certainly has value. You’ll need to weigh these intangible factors carefully in deciding whether to increase your investments or make extra mortgage payments – because, ultimately, you need to feel that you’re doing the right thing, for the right reasons.

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16th Annual Summer Camps '18

Five reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year

ends. Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around



physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health

benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of

success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children

the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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16th Annual Summer Camps '18

Get prepared for summer camp season

Summer camp season is just around the corner. Each summer, millions of children depart for campsites around the country to swim, hike, craft, and enjoy the companionship of friends.

Summer camps in North America were first established in the 1880s and were attended by children without their parents for overnight stays. By the 20th century, summer camps had become an international phenomenon, and various organizations hosted traditional summer camps or camps geared toward religion, sports, music and other subjects and activities. According to the American Camp Association, each year more than 14 million children and adults in the United States attend camp. America is home to more than 14,000 day and resident camps (8,400 are overnight camps and 5,600 are day camps). Nonprofit groups are



• Establish payment schedules. Summer camps vary in price. The ACA says camp costs range from \$100 to more than \$1,500 per week. However, many accredited camps offer some sort of financial assistance for children from families with limited financial means. If cost is a factor, be sure to broach the subject.

• Prepare children for the physical challenges a camp may present. Summer camp activities may be rigorous, and campers may need to be cleared by a physician before starting. Be sure to schedule your child a physical and bring along any pertinent forms. Children also can increase their levels of physical activity compared to the often sedentary nature of winter. Such preparation can prevent injuries when engaging in outdoor and physical activities.

• Shop for supplies. Camps are likely to provide a list of requirements with regard to clothing and other equipment campers will need. Make sure kids have enough shorts, T-shirts, socks, athletic shoes, swimsuits, toiletries, and other camp necessities before they leave.

• Keep children in the loop. Engage children in the planning process to help alleviate their fears and get them excited about summer camp.

Summer camp can foster lifelong memories. Parents can help kids prepare in advance for the fun that's soon to arrive.

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the largest sponsors of summer camps.

Many people put off summer camp planning until it is too late. Parents should keep in mind that camps begin registration early in the year and have specific cut-off dates for enrollment. Parents who want to beat the crowds this year can use this guide to help plan a summer camp agenda.

• Attend an orientation seminar. Take the time to visit prospective camps for a tour, and use this open house as an opportunity to learn more about the programs offered. If available, find a camp employee to discuss your child's eligibility for enrollment. Some camps may offer webinars for convenience.

• Fill out the enrollment package completely. Each camp has their own requirements for registration. Expect to submit some personal information, including a medical background and proof of insurance, names and numbers of emergency contacts, and any other pertinent information as it applies to the camper. This may include allergies, fears, physical or mental disabilities, or even preferences in camp courses.

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Belknap EDC hosts Annual Meeting

LACONIA — Belknap EDC gathered for its annual meeting on Thursday, March 15 at Lakes Region Community College in Laconia. The event was sponsored by gold sponsor: Meredith Village Savings Bank; while Bank of New Hampshire, Franklin Savings Bank, Cross Insurance, and Northway Bank were bronze sponsors. More than a 100 Lakes Region business and civic leaders attended for the Belknap EDC Board of Directors to present the status of the EDC's goals and strategic plan, while presenting the Norman Marsh Leadership Award, Bill Seed Founder's Award, and Community Impact Award to well deserving community leaders.

The Belknap Economic Development Council is proud to announce the Norman Marsh Leadership Award was presented to Michael Persson. The Norman Marsh Leadership award honors the memory of a local business-

man who served two decades as a Belknap County Commissioner and four terms as a State Representative; and, whose leadership facilitated the creation and funding of the Belknap Economic Development Council. The Council presents this award annually to an individual who demonstrates outstanding leadership on economic development issues in our region. Mike has invested in the betterment of the Lakes Region for many years as a business leader, volunteer, adviser, Belknap EDC Director, and friend to many. Two Community Impact Awards were presented to Fusion and Lakes Region Mental Health Center - this award honors a business or organization's impact which can be the result of any number of activities including job creation, volunteer efforts, board service or innovative business models that promote social goals. Mayor Ed Engler was recognized



Left to right: Belknap EDC Chair, Gracie Cilly; Michael Persson of Lawson Persson & Chisholm, PC and Belknap EDC Loan Officer of Belknap EDC present Persson with the Norman Marsh Award.

as the winner of the Bill Seed Award for his dedication to economic development and leadership in the region.

Other items of business included the election of Chris Kelly, Bay-side ReMax Realty, as the new Chair, Marti Ilg of Lakes Region Child-care LLC as Vice-Chair, Paul Onthank as Treasurer, and Allison Am-

Merrimack County Savings Bank, Meredith Village Savings Bank announce annual Community Photo Contest

MEREDITH — Sister Banks, Merrimack County Savings Bank (the Merrimack) and Meredith Village Savings Bank (MVSb) are launching their annual photo contest on Monday, April 2. Winning full color photographs will be featured on four websites: the two Banks, New Hampshire Mutual Bancorp (NHMB) and MillRiver Wealth Management; as well as in desktop and wall versions of printed calendars for both Banks. Final photos may also be included in desk calendars, holiday cards and note cards.

Featured images will focus on people enjoying local events, such as the Merrimack County Savings Bank Rock N' Race, the Hampton Beach Master Sand Sculpting Classic, the Nashua Rotary Rock n' Ribfest or the Sandwich Fair. Other popular choices include people enjoying local New Hampshire venues, attractions and businesses such as the Sculpture Walk in Meredith, Canterbury Shaker Village or Granite State Candy in Concord.

Both banks are excited to offer online submission forms for the first time. As different formats are needed for the websites and print calendars, two separate contests will be



"Noon Peak at Waterville Valley" by Bobby Fisher of Tilton, August's selected photo for the 2018 calendar. This year's contest runs from April 2 through May 26.

held. Participants may enter one or both, but will need to indicate the specific contest they are entering (the website, the calendar or both). A maximum of five, full-color entries are accepted with each entry. Online submissions can be made at either www.mvsb.com/photo-contest or www.themerrimack.com/photo-contest.

All photos and entry forms must be submitted before close of business on Saturday, May 26. A \$100 cash prize is awarded for each winning photo selected. Winners are responsible for the payment of any federal, state and local taxes on their prizes.

All photos must be submitted in color. Hard copy entries will still be accepted, and prints should be enclosed with a corre-

brose of Wescott Law as Secretary.

Chris Walkley of Bank of New Hampshire, Chris Dickinson of Meredith Village Savings Bank, Amy Burke of Belmont High School, and Glen Waring, Belknap County Commissioner were elected as Directors to the Board of Directors.

Will Stewart, the Executive Director of the Stay Work Play NH organization, was the guest speaker.

For more information on Belknap EDC and its strategic plan and goals, go to belknapedc.org.

LRCS celebrates the arts on April 12

LACONIA — The Lakes Region Community Services (LRCS) Annual Celebration will be held Thursday, April 12, 4:30-6:30 p.m. at the Beane Conference Center in Laconia. The LRCS Annual Celebration brings together the community - business leaders, donors, supporters, volunteers and families and individuals, to appreciate people who face extraordinary challenges, recognize accomplishments and thank all those who help support the work we do.

This year's program, "LRCS and The Arts," will honor the many ways the arts improve and enhance lives. The program portion of the evening will feature a video presentation featuring students who receive lessons at The Music Clinic in Belmont, and the hilarious standup comedy of Andrew Long.

Karen Simpson of The Music Clinic has



Andrew Long of Alton, comedian and actor is pictured with Seth Meyers at Meyers recent performance in New Hampshire. Andrew is the featured performer at eh LRCS & the Arts event on April 12 at the Beane Conference Center in Laconia.

been teaching music to individuals with disabilities for decades - working with students ranging from children through seniors at all ability levels. Her career has touched many in the community.

Long, who lives in Alton, is an experienced actor, comedian, and comedy writer

whose quick wit and comic charm "went viral" when he performed alongside Jimmy Fallon on "The Tonight Show" in 2017. Andrew is a part of LRCS' Self Directed Services program.

SEE LRCS PAGE A13

Central VNA Presents Palliative Care – How It Differs from Hospice and Why You Need To Know

MEREDITH — Join us on April 9 from 6 – 7 p.m. at the Meredith Community Center as Dr. Carolyn Crosby, a physician who is certified in both Hospice and Palliative Care, and serves as Central VNA's Hospice Medical Director, will present a program entitled Palliative Care – How It Differs from Hospice and Why You Need To Know. Whether you have an aging parent, have a long-term illness, or are just beginning to think about your own senior years, this information is designed to help you understand choices in both curative and end-of-life care and is vital if you are to be the driv-

er of your own journey.

Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people with serious illness. This type of care is focused on providing relief from the symptoms and stress such illnesses can engender. The goal is to improve quality of life for both the patient and the family. Hospice care shares the goal of improved quality of life, but is specialized care in the final phases of a terminal illness. The similarities and differences do not end there, and Dr. Crosby will guide you from diagnosis through treatment and ultimately to end-stage choices.

Palliative care can

be delivered in a clinical setting such as a hospital or doctor's office, or at home. Central New Hampshire VNA & Hospice can be resource for you and our community. Call 800-244-8549 with questions about the April 9 program or about palliative care and how you can learn more.

About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central

New Hampshire VNA & Hospice has served Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.



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Children’s Authors Tea returns to the Belknap Mill

LACONIA — On Monday, April 16, 5-7 p.m., a well-loved family event, the Children’s Authors Tea, will return to the Belknap Mill in downtown Laconia. In celebration of “Strengthening Families and Communities Month,” the Family Resource Center of Central New Hampshire has invited New Hampshire authors and illustrators to tea with the children of our community. Through the generous sponsorship of Curt’s Catering and support from the community the “Tea” is offered free to children and families in the

Lakes Region. The Children’s Authors Tea provides an opportunity for quality family time while also promoting early literacy. Ann Biese, Kathy Brodsky, Robbie Neylon, Kathy Deady and Melissa Pilgrim, all local authors and illustrators, will share their love of literacy with young children in the Lakes Region. “Giving children the opportunity to visit with their favorite authors is a wonderful and concrete experience that supports early literacy,” explains Julie Choiniere, a member



Children at the annual Author’s Tea event listen to stories and enjoy tea and snacks. This year’s Tea is on April 16 from 5-7 p.m. at the Belknap Mill in downtown Laconia. The event is sponsored by the LRCS Family Resource Center and is free to area families.

family event. Erin Pettengill, Director of the Family Resource Center, enjoys bringing the Tea to the community. “It’s exciting to help organize an event that brings families together, while also promoting early literacy,” Pettengill says. “I hope this unique event will continue to be a family tradition for years to come.” For more information on the Children’s Authors Tea, please contact Tricia Tousignant at the Family Resource Center, 528-0391 or email tricia.tousignant@lrscs.org. For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist

Prescott Farm receives Hearts & Hands Grant for summer camp scholarships

LACONIA – Prescott Farm Environmental Education Center on White Oaks Road in Laconia was thrilled to receive a grant from the Hearts & Hands Thrift Shop in Meredith, to help fund its WildQuest Summer Camp Scholarship Fund. The \$1,500 grant will provide assistance to at least six campers this summer, allowing



Prescott Farm Environmental Education Center on White Oaks Road in Laconia was thrilled to receive a grant from the Hearts & Hands Thrift Shop in Meredith, to help fund its WildQuest Summer Camp Scholarship Fund.

of the LRCS staff who has helped organize the event for a number of years. Families attending the tea will have the chance to meet the book authors and illustrators, hear them read their stories aloud, and purchase signed copies of their books. Tea will be readily available, along with tea sandwiches and pastries. Every child that attends also receives a free book. The Belknap Mill and Lakes Region Coca-Cola generously help support this annual

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MAPLE

(Continued from Page A1)

another \$5,000. Bolduc said they are aiming to start building the sugar shack this summer.

Bolduc said they received a lot of support from parents and the community.

“We could not do this without the support of the community,” Bolduc said.

Bolduc gave special recognition to Volunteer Steering Committee chair Jen Kelly for being instrumental in this event.

At the breakfast went on, fourth graders were stationed around the school doing presentations on various aspects of maple syrup. The different projects centered around many topics including science, history, math, and many others.

Bolduc said the project received a mini grant from the Gilford Educational Endowment Foundation.

A number of students made baked goods from maple syrup and sold them at the event.

“We got to tap trees and it was so fun,” said student Kendall Madon.

Madon said the most interesting thing she learned about the project was how many recipes can be made from maple syrup.



Volunteers ladle out maple syrup made from sap collected by Gilford Elementary School students from trees around the schools.

“There’s a lot of different trees that you can tap,” said Kelsi French.

Olivia Albert said people can tap trees like oak trees as well.

“You don’t just have to tap the maple trees,” Albert said.

Hailey Bean was one of four students who did a project on the cost to produce a gallon of maple syrup, a project that required a lot of research and math skills. Bean said she thought of the idea for a poster and said it seemed like a good theme for the project. She said her favorite parts were tapping trees and making the slideshow.



Student Hailey Bean shows the presentation she did with a group of classmates on the cost of maple syrup.

Jade Nicolas was part of a project on syrup taste testing. She said she learned a lot about the different kinds of maple sugar produced.

“I thought that the interesting thing was the whole process of taping the trees and how the sap freezes and flows,” Nicolas said.

AMBULANCE

(Continued from Page A1)

said ambulance service can be exceedingly pricey, from disposable equipment to larger equipment like cardiac monitors to ambulances themselves.

Carrier said he had been thinking of the reality that some people could not afford to pay their ambulance bill, and a bill can be written off due to hardship. He said when someone is in a situation where their ambulance bill cannot be written off, these are usually forwarded to the selectmen to make a decision as to whether they should write it off.

Grenier asked if this increase is a need or a want.

“Are we doing it just to be on par with other departments, or do we really need this?” Grenier said.

Carrier said costs have steadily increased over time, especially

the cost of ambulances themselves as well as disposable materials. They could pay around \$30,000 a year for things like bandages and pharmaceuticals, and a cardiac monitor can cost around \$30,000 itself.

Carrier said personnel costs are already covered in the budget, though this fee increase will help keep the ambulance service financially stable.

Board chair Gus Benavides said adding up those numbers for the expenses, maintaining a 24/7 ambulance service is a huge cost to the town. Carrier said 40 percent of the fees go to the Ambulance Reserve Fund whereas 60 percent goes to the general fund.

The selectmen unanimously approved the fee change, which went into effect on April 1.

PARADISE

(Continued from Page A1)

Fireside Inn & Suites and the board of Camp Resilience. Media Sponsors are The Laconia Daily Sun, 107.3 WEMJ and 98.3 WLNH. Smiley’s Photo Booth sponsored by Sandi

Moore-Beinoras Counseling.

Special Rates are available at the Fireside Inn, Gilford for event attendees. For additional information contact Don Clarke at don@pennypitouttravel.com. 455-9909. Proceeds from this event will go to the many non-profit activities supported by Gilford Rotary in Gilford and the Lakes Region area including the Gilford Youth Center.

Courtesy Photo: Join the fun at the 2018 Gilford Rotary Evening in Paradise. “An Evening in Paradise” will feature a Caribbean style Buffet and desserts, special island drinks, a silent auction, 50/50 raffle, photo booth and dancing to the hot tunes of the “Hot Tamales Band.”

NOTEBOOK

(Continued from Page A4)

iving back home, made a lot of noise, being a garrulous bunch by nature. When the crew at Polard’s slaughterhouse up on Cooper Hill threw out bones and offal, they became downright raucous.

It was the caws of crows that somehow became the signal for my brother Peter and I to throw our bedroom window open for the first breath of spring air. And right along behind the crows came the song of the male red-winged blackbird, announcing his territory and seeking someone to share it.

+++++

Beavers young and old were building and digging and channeling and cruising all over the swamp, and eventually some of them became less wary as Pete and

I built rafts and poled them all over the place. They became less prone to frantic tail-splashing and swimming away, and sometimes just followed along, perhaps out of curiosity.

As I explored much farther to fish, most often alone, the beaver encounters became up close and personal. Once, as I roll-cast my baited hook up under alders arching over the deep channel, a submerged beaver swimming by became entangled in my line. Once we both relaxed things a little, he went on his way unhooked.

+++++

I’ve often looked through old town histories, as Helenette Silver did in researching her classic History of New Hampshire Game and

Furbearers, and the reader encounters some great stories about beavers and beaver dams.

These accounts often mention loggers in the 1800s finding beaver dams of twenty and even thirty feet in height, hard to imagine. Even harder to imagine is how these dams survived spring freshets. But of course sooner or later a particularly hard winter and abrupt spring came along, and the oldest and weakest dams went out. What the loggers found were the survivors.

+++++

During my years of statewide feature writing for the New Hampshire Sunday News, my search for the state’s longest trap-line led me to Elias Hopps of Groveton, who had a seemingly never-ending trap-line

up in the Phillips Brook country. We arranged to meet one day at four in the morning, and off we went, first by snowmobiles, then on snowshoes.

The day will always stand out for me in many ways, not the least because I got to help Elias pull two traps that had what the old-timers called “plenty big beaver” in them.

I will remember the day best for using our snowshoes to dig a big hole in the snow, wherein to kindle a fire for lunch. There we were, in the middle of this vast, silent wild place, alone.

Well, not quite. With hardly a movement of an alder branch, out stepped game warden Arthur Muisse. We had not had a clue that he was there.

“Hello, boys,” said

Arthur, digging for his pipe. “Hello, Arthur,” said Elias, looking surprised. “Join us for lunch?”

He did, and there was none of what Elias later referred to as “that official talk stuff,” just visiting as if encountering each other in that vastness was the most natural thing in the world.

I’ll always savor that day, and that part of it in particular. As for Elias, he was happy to call it, as he happily did on the way home, a two-beaver day.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)





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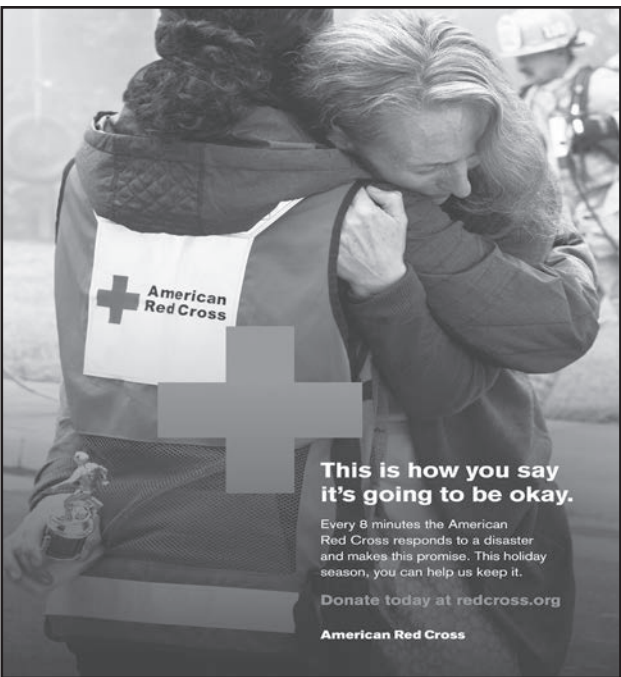
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FINANCES

(Continued from Page A7)

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The service was rolled out recently along with a responsive interface upgrade to MVSB and Merrimack online banking, which allows the website to automatically adjust to best fit any computer, tablet or screen size. The banks work regularly with their technology partners to keep online and mobile banking services as accessible and up to date as possible.

Strozewski adds, “We’ve always been

well known for our involvement in the community and the service we provide to our customers locally, but behind the scenes we’re constantly working to provide the latest in technology and security. It’s our customer focus that drives us to invest in products like Money Management that give customers a simple, convenient way to manage their budget and spending.”

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

922-6872 or visit mvsb.com.

The Merrimack recently celebrated its 150th year anniversary of serving the people, businesses, non-profits and municipalities in central and southern New Hampshire. The Bank and its employees are inspired by Merrimack style, which is guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. The Merrimack was honored with the 2017 Business of the Year Pinnacle Award by the Greater Concord Chamber of Commerce, was voted “Best Bank” by the Capital Area’s People’s Preferences for the 9th consecutive year and named 2017’s “Bank of the Year” by the Capital Regional Development Council. To learn more, visit any of the local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

PHOTOS

(Continued from Page A10)

of the contest, which is a celebration of New Hampshire year round.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of MVSB and The Merrimack. NHMB combined as-

sets total more than \$1.7 billion. To learn more, visit nhmutual.com.

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AUTHORS

(Continued from Page A11)

families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary

focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS’ work are

inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lrcs.org.

CAMP

(Continued from Page A11)

children from all walks of life access to Prescott Farm’s hands-on environmental education camps. WildQuest Summer camp offers nine unique nature-themed weeks of outdoor day camp, from June 25 – Aug. 24, for campers aged 4-14, with half- and full-day programs for campers ages 4-5; full-day programs for campers ages six to 12; and a Leadership in Training Program for campers ages 13 & 14. Camp registration is now open online at prescottfarm.org

“Our mission is to open the doors to the natural world for children and people of all ages, allowing them to make connections with nature and the environment,” says Jude Hamel, Executive Director of Prescott Farm. “Access to nature and those important learning moments should not be a class issue; these scholarship monies allow us to provide assistance for more local children to explore the outdoors.”

Hearts & Hands Thrift Shop, located at 8 Maple St., Suite 4 in Meredith, is a joint venture between the Catholic, Episcopalian and Congregational congregations of Meredith, providing low-cost, high-quality thrift items to the community, with all proceeds being directed back into the local community through grants and other donations. Hearts & Hands Thrift Shop opened in its current location in August 2017, and start-

ed making community grants over a year ago, to everything from the Historical Society to children’s camps and arts programs, including getting robotics programs up and running in three local schools.

“Our goal is to fund programs that break the cycle for children and families, not just provide a bandage,” says Tom Witham, Executive Board member and the Treasurer of Hearts & Hands Thrift Shop. “The store has been more successful than we ever imagined, and we continue to grow, working on new ideas with even more dramatic results.”

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott

Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

LRCS

(Continued from Page A10)

The event will begin with a catered reception and the opportunity to view displays of artwork created by individuals supported by LRCS. Paintings, drawings, photography, calendars and greeting cards created by talented individuals with disabilities will be showcased. The reception will also feature live musical performances. Some artwork on display will be available for purchase.

The event will also feature the LRCS Annual Community Partner and employee longevity awards. Community Partners award winners selected this year for recognition of their outstanding support of LRCS and its mission will be honored in three categories:

Employer/Employment: Hannaford Supermarkets of Franklin and Gilford

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John Moulton of Moulton Farm

Volunteer/Advocate: Shannon Robinson-Beland of Gilford

“We hope that the community-at-large will join us to celebrate and enjoy this special event. We are thrilled to make the ‘arts come alive’ at our 43rd Annual Celebration. The arts are such an important part of quality of life. Expression of the arts in so many forms, offer everyone a means of communication and outreach,” commented Rebecca Bryant, LRCS President & CEO.

RSVP by April 9. There is no charge to attend, but seating is limited! Respond by contacting Judy Maguire at 581-1504 or Judith.maguire@lrcs.org.

Lakes Region Community Services is a nonprofit, comprehensive family support

agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in the greater Lakes Region from birth throughout their lifespan.

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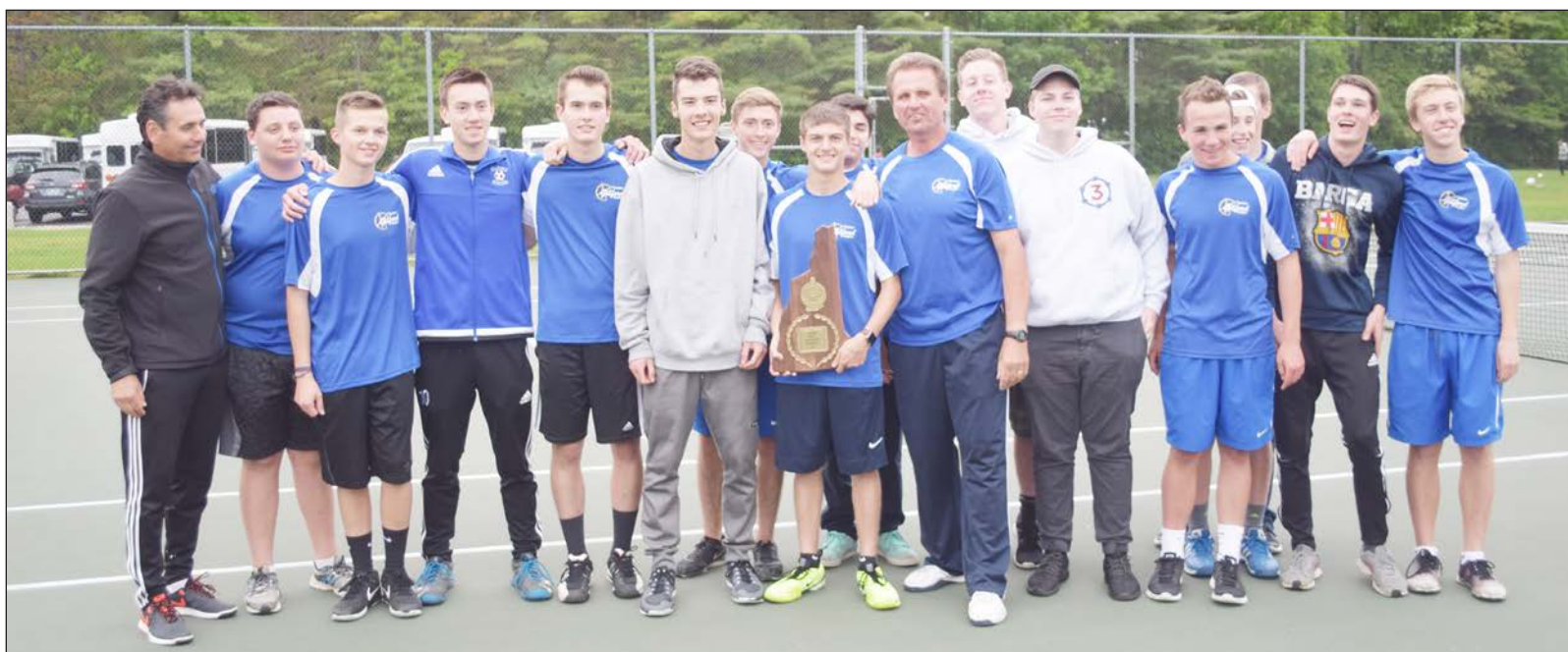


Defending champs look to continue dominance

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford High School boys' tennis team has won five consecutive Division 3 state titles, and despite losing its top player in Grant Workman, the team brings back a good core and will look to continue its dominance. Gilford is coming off of a 17-0 season that ended with a 6-3 victory over Bow, which coach Terry Wilson expects to be tough to beat once again.

Last year's state title against Bow made it 84 straight wins for the Golden Eagles, which is a very impressive feat



The Gilford boys' tennis team has won five straight titles and 84 straight matches. This year the team will have a much different look as it graduated four of its top six players.

considering how often players cycle through high school lineups. Wilson has had members of the Workman family dominating the courts for years, and with Grant Workman gone, he will turn to Christian Workman and Tyler Hanf as his top guys.

Four out of the top

six players from last year's team graduated. There are three new players this year including freshman Jack Christensen, sophomore Anthony Flanders and senior Jonathan Nelson. "I'm looking for the players to work hard, improve and be competitive in Division 3," said Wilson.

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Salmon press

Rogacki takes charge of Golden Eagle lacrosse girls

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford girls' lacrosse team enters the new season with a new coach and a young team, but the Golden Eagles are looking to make another playoff push this spring.

Last year Gilford went 7-7 and lost in the first round of the state tournament to top-seeded Derryfield

in a hard fought 14-10 battle. Gilford nearly upset Derryfield, as the team was down only one goal at halftime.

The team will be losing two of its top players in All-Staters Kaitlyn Vanbennekum, a defenseman, and Julie Normandin, a midfielder. However, coach Dave Rogacki said there is still a solid core coming back. Some experienced

players coming back this season include Laurel Normandin, Olivia Harris and Shelby Cole. Rogacki also said promising players to watch include Rhianon Day, Kyla Mercier and Taryn Fountain, who are young but should provide spark at the varsity level.

"With only three seniors returning, the team is very young and we have been working

on defense and attack skills indoors," said Rogacki. "We will be using the season to learn the skills and apply in games as the season goes on."

While Rogacki is new at the helm for the Golden Eagles, he is well known in the Gilford High School community for his success as the school's field hockey coach. Rogacki has good report with

many of the players, as he has coached them in the fall in field hockey.

Rogacki's focus this season is working on communication within the team. He also said that ball movement is a key aspect, as well as developing a culture built on previous years' experiences.

Looking ahead at the schedule, Rogacki is looking forward to the Golden Eagles taking on the top teams in Division 3 for a measure of progress for his squad. This include a May 16 matchup with defending champion Kearsarge and the final game of the season on May 25 when Gilford hosts rival Laconia

Sachems. Gilford does not face Derryfield in the regular season, but Rogacki also said they will be a tough team to beat as usual.

Rogacki knows that replacing his All-Staters and working with a young team has its challenges, but his mantra for the upcoming season is to "never look in the rearview mirror."

"Always move forward with the skills the players bring this year," said Rogacki.

The Gilford girls' lacrosse team opens the spring season at home on April 10 for a 4 p.m. game against Hopkinton.

Lots of experience back for Gilford tennis girls

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford girls' tennis team finished with a 6-8 record and narrowly missed the playoffs last spring, in what was an up and down season for the Golden Eagles. The team brings back its top two players this season, and coach Hermann Defregger hopes Gilford can win enough to make this year's state tournament.

Defregger was pleased with last season, and at the end of last season he noted that three of the team's losses were very close and to playoff teams. Last year was a success in regards to improvement, as the team rebounded from an 0-14 season two springs ago.

Sophomore Reagan

McIntire and senior Sarah Filion will take the one and two spots respectively, as they did last year. The top two were the most consistent players on the Gilford squad last spring. The pair competed in the girls' doubles tennis tournament at the Derryfield School, but lost to a pair from Nashua North High School in the first round.

Junior Jocey Curley will be in the third spot and Defregger expects her to make strides this season. Junior Olivia Salesky is the number four while sophomores Hannah Lord, Olivia Comeau and Madison Eastman fill the final three spots.

There are also some new players who will be battling for playing time and working to gain experience. Soph-

omore Jillian Palisi and Annabelle Eisenmann have previous playing experience. Other newcomers are freshmen Delissa Brooks, Alyssa Gosselin, Jennifer Laurendeau, Kealan O'Connor, Serena Pugh and Callista Shepard.

"It's great to see so many sign ups but we have a lot of work to do," said Defregger. "But I'm confident that I can get them to compete very quickly and become part of the top six in the coming years."

Defregger added that the team doesn't have holes to fill per say, but rather have the players challenge each other for better positions. He said it will be better when the team can practice more consistently on the courts, which has

been hindered by the winter weather late into March.

"As always, it's essential to get on the courts ASAP to give our players the proper learning experience," said Defregger.

Defregger said rival Inter-Lakes looks like it could be a local team to beat this year, but he also looks forwards to matchups against Moultonborough, Bow and northern schools. This season the team's aim is to work on technical skills, gamesmanship and physical strength while also getting new players up to par.

"We got very close to making the playoffs last year," Defregger said. "So it's our goal to go back to the playoffs and become stronger all the way around."

PSU adds two more learn to curl sessions

PLYMOUTH — Plymouth State has added more learn to curl sessions this spring. These fill up incredibly fast so be sure to sign up now so you don't miss your chance.

If you are one of the many who have witnessed the nail-biting intensity, unyielding pressure and the fiery spirit of the sport of curling during the PyeongChang 2018 Winter Olympics and want the opportunity to deliver a stone down the ice, here is your chance.

The beauty of curling is that it can be enjoyed by an array of people. There is no running; there is no jumping; there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical as-

pect of curling comes from furiously sweeping in front of the stone as it glides down the opposite end.

On Saturday, April 7, from 3:30 to 5 p.m. and on Sunday, April 28, 6-8 p.m., the PSU arena will be hosting learn-to-curl opportunities. These sessions will teach the basics of curling and by the end of the night, players will be delivering a curling stone down the ice with the greatest of ease. All of the equipment is provided and admission is just \$10. Participants should wear comfortable, loose fitting clothes and a pair of sneakers that are free of salt and sand.

Registration is online at Plymouth.edu/arena/curling. Walk-ins will be accepted pending availability. E-mail psu-icearena@plymouth.edu or call 535-2SK8 (2758) with any questions.

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Strong group returns to softball diamond for Gilford

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford High School softball team only graduated one senior last year, albeit a first team All-Stater, but the senior heavy Golden Eagles are looking to improve off of last season’s 9-8 record and make a run in the Division 3 state tournament.

Replacing a player like Stevie Orton is a tough task, but the Golden Eagles have a strong core of players returning the spring, and coach Joan Forge sees a bright spring ahead.

“The Gilford softball team, for the past two years, has fielded a young team, which has been developing a solid group of athletes,” said Forge. “Only three players have graduated over the past two years from the varsity program with the most recent from last year-first team All-State catcher Stevie Orton. Orton will be tough to replace, but Gilford is loaded with experience with 11 players returning to the line-up plus four new additions.”

Orton was the starting catcher for the Golden Eagles last year, and her contribution was invaluable. She had a .500 on base percentage and led the team with 11 steals. She was also second in RBIs with 23 and hits with 27, to go along with six doubles, a triple, a home and 14 runs scored.



Colby Butterfield winds and fires for the Gilford Golden Eagles last spring. She is expected to be a key pitcher for Gilford this season.

While she was a main source of offensive production last year, there are still plenty of weapons available in the Gilford lineup. Jillian Lachapelle is coming off a first team All-State season for her strong play at first base, as well as on the mound.

Last spring Lachapelle hit .459 with five home runs, 35 RBIs, 11 steals, 28 hits, 23 runs scored and had a .500 on base percentage. She set the Gilford record for most doubles in a season with 10. She was the team leader in each of these categories.

Lachapelle will be called upon to pitch, while also seeing time at third base and shortstop.

Brooke Beaudet will be playing center field for her senior year. Last year she batted

.422 and had a .458 on base percentage to go along with 27 hits.

Junior Lexi Boisvert will be pitching and playing third base. She is coming off a great sophomore season where she had a .421 batting average, .484 on base percentage and 24 hits.

With a team average of .331 last year, which was the highest in school history, it is clear that offense will be there for the Golden Eagles. Pitching, on the other hand, was an Achilles heal last season and the team hopes to turn that around with LaChapelle and a few young arms.

“Gilford’s strength last year was their offense scoring a total of 152 runs, but defensively they struggled keeping runs off the board giving up 97 runs,” Forge said. “This year

Gilford has a pitching staff that includes sophomore Colby Butterfield and freshmen Ella Harris. These two young players have dedicated themselves to year-round pitching to earn the spot on the Gilford mound. They will make a great combination helping the Gilford defense to improve from last year.”

Butterfield looks to continue off of the success in her freshman season, which included a no-hitter against Hanover.

Forge will be leading the Golden Eagles for the 34th year, and this year marks her

41st coaching softball overall. She is looking forward to tough matchups against local rivals like Belmont, Winnisquam, Prospect Mountain and Franklin. Other teams to beat, she said, include Berlin and White Mountains.

This year’s team is loaded with seniors and Forge would like nothing more than for them to have a successful season to finish out their career as a Golden Eagle.

“Gilford has eight seniors who are eager to make it deep into the tournament and leave their mark behind in

the Gilford softball program,” Forge said.

Gilford plays its first game of the season at home against Franklin on April 9 at 4 p.m.

Returning players with grade, positions and years experience

Senior Brooke Beaudet, SS, three years varsity

Senior Jillian Lachapelle, 3B, 1B, three years varsity

Senior Taryn Breton, CF, SS two years varsity

Senior Samantha Knowles, 2B, two years varsity

Senior Lou Lacroix, 1B, three years varsity

Junior Lexi Boisvert, 1B, 3B, two years varsity

Junior Karly Sanborn, OF, two years varsity

Junior Maggie McNeil, 1F, two years varsity

Junior Nicole Berube, OF, two years varsity

Sophomore Colby Butterfield, P, one year

Sophomore Randi Byers, 2B, SS, C, one year

Newcomers

Senior Emily Smith, C

Freshman Ella Harris, IF, OF, P

Senior Callie McGreevy OF

Senior Nicole Diaugnault, 2B

Summer hoops offered in Gilford

GILFORD — The Lakes Region Elite Basketball League will take place this summer at the Gilford Youth Center.

The league is seeking skilled players, boys and girls, ages 8-11. There will be tryouts for the league on Saturday, May 26 and June 3. It is free to try

out, but you must be pre-registered.

The league will run for 10 weeks beginning mid-June. Each week, teams will have a practice during the week, followed by a game on Friday or Saturday. The season will end with a three-day tournament/championship.

All players who make the league will receive a reversible game jersey. Weekly highlights/stats will be posted on the LRE web site. For more information about the league, including tryout information and fees, visit www.lrelitebasketball.com.



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Alex Muthersbaugh is expected to be a leader for the Golden Eagles baseball team this season.

BOB MARTIN

New coach takes helm for Gilford baseball

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford High School baseball team went 8-8 before losing in the first round of the playoffs against Raymond last season, and while there are some questions marks about the team with a new coach and the loss of ace pitcher Tyler Sargent to graduation, a solid core could lead the Golden Eagles to a quality season this spring.

Eric Duquette is entering his first season as Gilford’s head coach, and while it is the beginning of his coaching career with the Gold-

en Eagles, he brings vast experience to the team. Duquette formerly coached at Pittsfield High School and NHTI, as well as various American Legion and travel teams. He has high hopes for the young team this season.

Duquette is looking forward to matchups against local rivals Belmont, Winnisquam and Prospect Mountain, as well as White Mountains and Berlin, who are projected to be strong teams in Division 3.

Players to watch this season will be sophomore Adrian Siravo and junior Alex Muthers-

baugh. Siravo is coming off a fantastic season where he made first team All-State, putting up huge numbers at the plate and on the mound. Siravo batted .345 last year and had a .527 slugging percentage, leading the offensive charge for the Golden Eagles in only his freshman season. He had 12 RBIs, 13 runs, four doubles and three triples, as well.

On the mound, Siravo can throw some serious heat, which led to a pair of victories and a 1.16 ERA. Opponents batted a measly .168 against him, and he struck out 38 batters in 30 innings.

Last year, Sargent was the ace with a 1.37 ERA and 75 strikeouts over 45 and 2/3 innings, so Siravo’s production will most likely correlate with the team’s success.

After a tough start, Muthersbaugh finished last season with a seven-game hitting streak where he batted .375 in the stretch. His effort earned him a third team All-State nod. Muthersbaugh has excellent plate vision, as he was second on the team in walks with eight and had a .397 on base percentage.

“Returning All-State players Adrian Siravo

and Alex Muthersbaugh will be counted on to lead the team,” said Duquette. “Sophomore Catcher TJ Carmilia will anchor the defense and be counted on to produce runs as will sophomore outfielder Cody Boucher. Isaac Wallace is a big bat in middle of the lineup. Senior Captain Tyler McKinney will be counted on for leadership and mentoring our young players.”

There are several new faces on the Golden Eagles, as well. Junior Isaac Wallace will be in the starting rotation and Duquette also sees him as a middle of the lineup

hitter. Sophomore Connor Sullivan will be at the corner infield spots and should see some innings on the mound. Sophomore Chandler Mead and junior Zach Cobis will be competing for playing time in the outfield.

“We are a very young group with only two seniors on the team,” said Duquette. “Our success will be determined how quickly the younger guys will be acclimated to the speed of varsity baseball.”

The Golden Eagles start the season at home against Franklin on April 9 at 4 p.m.

Belknap Sportsmen Association hosting ham and bean dinner

GILFORD — A ham and bean dinner with all the fixings will be held at the Belknap County Sportsmen’s Association clubhouse on Lily Pond Road on Thursday, April 19, at 6 p.m.

Dr. Richard Boisvert is originally from Lebanon and received his BA from Beloit College in Wisconsin and an MA and PH.D. from the

University of Kentucky. He has conducted field work and research in Kentucky, Tennessee, Texas, France and Quebec, as well as New Hampshire. He is the coordinator of the state conservation and rescue archaeology program with the NH State Historical Preservation Office and has directed annual field schools and research in New

Hampshire since 1988, focusing on Paleolithic topics for two decades. He was appointed New Hampshire State Archaeologist in 2002 and is the current Deputy State Historic Preservation Officer.

Admission is open to all club members and the community at large, cost is \$15/person water and soda provided. BYOB.



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Spring School Sports Schedule

2018

GILFORD HIGH SCHOOL

Boys Varsity Lacrosse

Date	Time	Opponent	H/A
03/31/18	9:30 AM	Laconia HS	A
04/10/18	4:00 PM	Hopkinton Middle/High School	A
04/13/18	5:00 PM	Coe-Brown Northwood Academy	H
04/17/18	4:00 PM	Milford HS	H
04/20/18	4:00 PM	Pelham HS	A
04/30/18	4:00 PM	Belmont HS	H
05/02/18	4:00 PM	Stevens HS	H
05/03/18	4:30 PM	Inter-Lakes HS	H
05/07/18	4:00 PM	Plymouth Regional HS	A
05/09/18	4:00 PM	Bishop Brady HS	H
05/10/18	4:00 PM	Campbell HS	A
05/14/18	4:30 PM	Lebanon	A
05/16/18	4:00 PM	Kearsarge HS	A
05/22/18	4:00 PM	Trinity HS	H
05/25/18	4:00 PM	Laconia HS	A

Girls Varsity Outdoor Track

Date	Time	Opponent	H/A
04/03/18	4:00 PM	Inter-Lakes HS	A
04/10/18	4:00 PM	Hosting	H
04/14/18	4:00 PM	Pelham HS	A
04/14/18	4:00 PM	Pelham HS	A
04/17/18	4:00 PM	Hosting	H
04/21/18	4:00 PM	Merrimack Valley HS	A
04/21/18	4:00 PM	Merrimack Valley HS	A
05/01/18	4:00 PM	Hosting	H
05/08/18	4:00 PM	Hosting	H
05/12/18	10:00 AM	Hosting	H
05/15/18	4:00 PM	Hosting	H
05/19/18	9:00 AM	Wilderness League Track	H

Boys Varsity Outdoor Track

Date	Time	Opponent	H/A
04/03/18	4:00 PM	Inter-Lakes HS	A
04/10/18	4:00 PM	Hosting	H
04/14/18	TBA	Pelham HS	A
04/17/18	4:00 PM	Hosting	H
04/21/18	TBA	Merrimack Valley HS	A
05/01/18	4:00 PM	Hosting	H
05/08/18	4:00 PM	Hosting	H
05/12/18	10:00 AM	Hosting	H
05/15/18	3:30 PM	Hosting	H
05/19/18	9:00 AM	Wilderness League Track	H

Girls Varsity Softball

Date	Time	Opponent	H/A
04/07/18	9:00 AM	Winnacunnet HS	A
04/09/18	4:00 PM	Franklin HS	H
04/11/18	4:00 PM	Winnisquam Regional HS	A
04/16/18	4:00 PM	White Mountains Regional HS	H
04/18/18	4:00 PM	Belmont HS	H
04/20/18	4:00 PM	Laconia HS	A
04/25/18	4:00 PM	Somersworth HS	A
04/27/18	4:00 PM	Prospect Mountain HS	A
04/30/18	4:30 PM	Inter-Lakes HS	H
05/02/18	4:00 PM	Berlin HS	A
05/07/18	4:00 PM	Winnisquam Regional HS	H
05/09/18	4:00 PM	Mascoma Valley Regional HS	H
05/10/18	4:00 PM	Belmont HS	A
05/15/18	4:30 PM	Hanover HS	A
05/16/18	4:00 PM	White Mountains Regional HS	A
05/21/18	4:00 PM	Prospect Mountain HS	H
05/25/18	4:00 PM	Laconia HS	H

Girls Varsity Lacrosse

Date	Time	Opponent	H/A
03/30/18	6:00 PM	TBA	A
04/10/18	4:00 PM	Hopkinton Middle/High School	H
04/13/18	4:00 PM	Coe-Brown Northwood Academy	A
04/18/18	4:00 PM	St. Thomas Aquinas HS	A
04/20/18	4:00 PM	Pelham HS	H
04/30/18	4:00 PM	Belmont HS	A
05/02/18	4:30 PM	Inter-Lakes HS	A
05/03/18	4:00 PM	Bow HS	A
05/07/18	4:00 PM	Plymouth Regional HS	H
05/09/18	4:00 PM	Bishop Brady HS	A
05/11/18	4:00 PM	Campbell HS	H
05/14/18	4:00 PM	Lebanon	H
05/16/18	4:15 PM	Kearsarge HS	H
05/22/18	4:30 PM	Trinity HS	A
05/25/18	4:00 PM	Laconia HS	H

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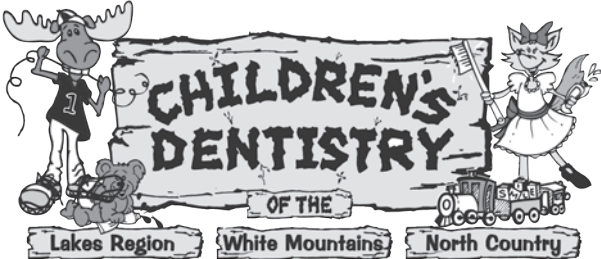


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Ellen Mulligan
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Judy McShane
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Shelly Brewer
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Tracie Corbett
#10 in NH/ME for CBRB



Robin Dionne
#16 in NH/ME for CBRB



Brenda Rowan



Bill Richards



Bob Williams



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School is in session, and before you can say, "red light, green light, one...two...three", a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

**Please Drive Carefully.
Our Kids Are Depending On You.**

It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush. It could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

2MIN2X.org

2MIN 2XDAY



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Belmont Parks & Recreation is seeking qualified candidates to fill our anticipated seasonal openings. Job descriptions and applications are available on the town website.

- Lifeguards
- Beach Director
- Sargent Park Attendant
- Summer Camp Counselors

Janet Breton, Recreation Director
Town of Belmont, PO Box 310, Belmont, NH 03220-0310
(603) 267-1865 ~ www.belmontnh.org ~ recreation@belmontnh.org
Equal Opportunity Employer

Moultonborough School District
Social Worker Opening

MSD is looking for a certified School Social Worker (0049, or certification eligible) to provide a problem solving service to a student population of ~500, PreK-12, and their families. Employee will be responsible for providing supportive counseling to students and their families, crisis intervention, and participation in family meetings acting as family advocate. 185 Day Contract (additional days as needed.) Start Date - August 28, 2018.

NOTE: School Social Work certification preferred, or eligibility to obtain certification through the Alt process. Submit cover letter, resume, transcripts, certification and 3 current letters of reference by April 13, 2018 to:

Supt. Susan Noyes
SAU #45 Office
PO Box 419
Moultonborough, NH 03254
Equal Opportunity Employer

Middle School Principal – Moultonborough School District

Moultonborough School District is seeking an experienced middle school principal who is dynamic, student-centered, and has strong collaboration, communication and leadership skills. Principal will work with the superintendent, administrative team, teachers, School Board, and community to develop a mid-level program for grades 5-8. This is a unique opportunity to lead a staff committed to mid-level education and to develop a program that meets the specific needs of this age group. Start date – July 1, 2018.

Submit cover letter, resume, transcripts, certification and 3 current letters of reference by April 13, 2018 to:

Supt. Susan Noyes
SAU #45 Office
PO Box 419
Moultonborough, NH 03254
Equal Opportunity Employer

Moultonborough Central School
Elementary Classroom Teachers, K-4

MCS is seeking classroom teachers for the 2018-19 school year. Candidates must be NH Elementary Ed. certified with HQT status. Start Date–August 28, 2018.

Submit cover letter, resume, transcripts, certification and 3 current letters of reference by April 20, 2018 to:

Kathleen D'Haene, Principal
Moultonborough Central School
PO Box 149
Moultonborough, NH 03254
or email all required documents to kdhaene@sau45.org

Equal Opportunity Employer



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Apply On-line at www.ucvh.org
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EOE



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Account Executive – Belmont

Responsible for setting appointments, making sales calls, educating existing and potential customers, and preparing proposals; powerful sales, presentation and communication skill sets are needed.

Head-End Technician

Responsible for the reception and distribution of off-air, satellite programming to the outside of the plant; knowledge of electronics and repair, RF transmission distribution and satellite signal reception required.

Take advantage of our comprehensive benefit package, including discounts on services if you reside in our market area!

Qualified candidates should send a resume to:
E-Mail: gbougie@atlanticbb.com

EOE



Upper Connecticut Valley Hospital

FULL TIME OPPORTUNITIES

- ☒ RMT/MLT – 40 hours (day shift)
- ☒ RN M-S/CHARGE – 36 hours (night shift)
- ☒ RN M-S – 36 hours (night shift)
- ☒ RN Charge – 36 hours (night shift)

PART TIME OPPORTUNITIES

- ☒ OR NURSE SUPERVISOR

PER DIEM OPPORTUNITIES

- ☒ HOUSEKEEPER
- ☒ COOK
- ☒ CENTRAL STERILE TECHNICIAN
- ☒ SURGICAL TECHNICIAN
- ☒ RN
- ☒ RADIOLOGIC TECHNOLOGIST

Apply Online at www.ucvh.org
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org

EOE

Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

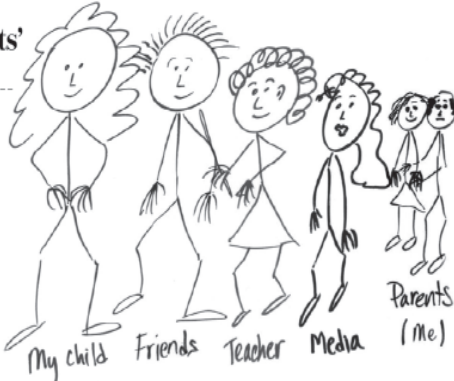
Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.



Most parents don't realize they are the **No. 1** influence in their children's lives.

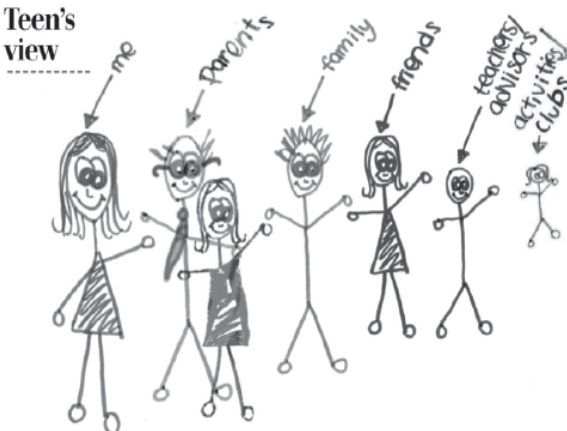
When parents were asked to draw the greatest influences on their teens, they placed themselves last.

Parents' view



When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view



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FOR

\$258*

PER MO. FOR 36 MOS.

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CREW CAB**
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Non-Prime Customer Cash -\$1250
Military Appreciation -\$500
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