

# Gilford Steamer

THURSDAY, APRIL 27, 2017

GILFORD, N.H. - FREE

## GMS performers accepted to 'Broadway Junior'

BY ERIN PLUMMER

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A group of Gilford Middle School students will be taking on Broadway this summer after being accepted to a national theater camp.

All nine GMS performers who auditioned will be taking part in productions for "Broadway Junior." "Broadway Junior" produces versions of famous plays for a younger audience. The plays are tested during this program before being released for use by schools across the country.

Sixth graders Camryn Marshall, Maria Uicker, Brenna O'Connor, Murphy Harris, and Lily Tierno and eighth graders Chelsea Sasserson, Emma Tierno, Mae Kenny, and Kathryn Osburn traveled to New York City where they auditioned for roles in the

Teacher Matt Demko nominated each of the students to take part in the auditions.



Nine Gilford Middle School students will be going back to New York City to take part in shows with "Broadway, Jr." From left to right: Brenna O'Connor, Mae Kenny, Kathryn Osburn, Emma Tierno, Chelsea Sasserson, Murphy Harris, Maria Uiker, Lily Tierno, and Camryn Marshall.

"It was also really cool because it was such a great opportunity," said Harris. "Not every day people get to go audi-

tion in front of big people in New York."

Uiker said this opportunity was both exciting and scary.

The students trav-

eled to New York City for the auditions, taking part with 800 students around the country.

Marshall said the process was also intimidating, especially as sixth graders. Kenny said as eighth graders they love seeing the younger students taking part in this.

"We all knew that we would try our best and the outcome it didn't matter because we know we're all stars," Marshall said.

Students said they had to face the challenge that auditioning didn't mean they would necessarily get in. They said they saw some amazing performances by other students, which was an intimidating experience.

All of the students

SEE BROADWAY JR PAGE A11

## Award-winning garden designer and author Kerry Ann Mendez to present program in Gilford

Opechee Garden Club is pleased to announce a special evening presentation with award-winning garden designer and author, Kerry Ann Mendez, on Thursday, May 4 at the Gilford Community Church, 19 Potter Hill Rd., in the village of Gilford. The program will begin at 6:30 p.m. The title of her program is, "The Right Size Flower Garden: Exceptional Plants and Design Solutions for Aging & Time Pressed Gardeners."

Kerry Ann Mendez, the owner of Perennially Yours, has dedicated herself to teaching the art of high-impact, but low maintenance flower gardening and landscaping. Quoting from her Web site, "As a garden consultant, designer, author and lecturer, she focuses on time-saving garden techniques, workhorse plants and sustainable practices."

This is surely good news for older gardeners, but also for time pressed gardeners of all ages.

Mendez's history as a gardener began in the early 1980s when she was working as the Associate Director of Alumni Relations at Union College in Schenectady, N.Y. Needing supplemental income, she asked a woman for a weekend job of dividing perennials in her fields. The woman later suggested that Kerry Ann begin her own business. Then, in 2003, after 18 years at Union,

Mendez took the leap into starting her own business, teaching, writing and speaking to groups all about gardening.

After her husband broke his neck, and retired early, Kerry Ann needed to step away from her business, and work fulltime as director of marketing for a nursery. She also needed to rethink the size and time requirements of her gardens. Thus, "The Mendez Method" began. She reduced the size and scale of her gardens by 50 percent, and replaced time-consuming plants with others requiring less time, but still bringing beauty to the gardens, and joy to the gardener's heart. Thinking that other gardeners might benefit from her gardening revelations, resulting in smaller garden sizes, and more careful choices of plant material to lessen garden labor, Mendez began writing books, and making presentations about these alternate selections throughout the United States and Canada.

As time has passed, Mendez's prominence and renown in the gardening world have increased greatly. She and her methods have been featured in numerous gardening publications: Horticulture; Fine Gardening; Garden Gate; and Better Homes and Gardens Garden Ideas and Outdoor Living. She was

also a guest on HGTV, and made several television segments on gardening practices.

She is the recipient of several prestigious awards. In 2014, she received the Gold Medal from the Massachusetts

SEE MENDEZ PAGE A11

## Insurance money will help repair fire training facility

BY ERIN PLUMMER

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The fire department will be able to rebuild its fire training facility after a fire heavily damaged the structure.

Earlier this month, the board of selectmen approved the receipt of \$56,198.36 in insurance money with some additional money expected if the facility is rebuilt in two years.

The training facility was owned by Gilford and available for use by other departments.

The interior of the training facility was made from shipping containers framed with wood with sheetrock in the interior. Fires were also burned in pits inside. The structure's roof was large with all wood framed rafter and plywood decking with asphalt shingles.

Fire Chief Steven Carrier reported to the board of selectmen that on the evening of Oct. 4, the department received a call of an

outside fire around the area of the airport. Crews came to the scene and found the roof of the training center completely burnt and fire on the top two floors of the containers.

The cause of the fire was listed as "undetermined" at the time, but was not suspicious. Carrier said another department was doing training that day, which could have led to the fire.

SEE FIRE PAGE A11



Piche's is now carrying pedal assist motorized bicycles. From left to right bike mechanic Mark Johnson, sales associate Denis Zecevic, soft goods buyer Annelouise Vento, bike tech Brian Stokes, and co-owner Pat Bolduc.

## Piche's now selling motorized bikes

BY ERIN PLUMMER

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Cyclists with physical limitations or seeking an extra boost can purchase new motorized bikes from a local shop.

Piche's Ski and

Sport is now offering pedal assisted motorized bicycles by Giant with a rechargeable battery, power controls, and other features.

On Friday, representatives from

Piche's showed the Quick-E commuting bike and the Road-E road bike. Giant also makes the Full-E+; a motorized, full suspension mountain bike.

Piche's has been

selling the motorized bikes for around six weeks and just started carrying the Giants.

All of these bikes are pedal assisted, meaning the rider still has to pedal. Bike

SEE BIKE PAGE A11

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## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Mark: As I came in the tech room door this morning, I said "Hello, Dorothy, Helen, and yourself, Kayleigh." You work here at the library, so I was certain to see you, but Dorothy and Helen are both volunteers, freely giving of their time. Dorothy is helping to find records for new books and selling old books on Amazon for the Bookworm Shop. Helen is covering new books or on her way to shelve books. I walked out into library proper to see Roxie and Nancy already in the stacks shelving, volunteers both. I know that later in the day, another Helen will water the plants and Betty will come in to help out a book discussion. Rhonda will be sorting books in the children's room, which is challenging work-

ask anyone. Maybe a few students from the High School will stop by to grab a couple volunteer hours by setting up a display or helping Maria prepare for storytime. Our volunteers are incredible, not that we won't try our best to give them credit.

Kayleigh: Yes, they are! Our volunteers do a little bit of everything. Without them, we wouldn't be able to do half of the things that we can do. Every person that volunteers here does something different, depending on their interests and skills. We have people who make treats for programs, work on our scrapbooks, help out at programs, take care of the magazines, and so much more. Really, without their help there wouldn't be treats, scrapbooks, tidy shelves, nice book

covers, or half of our programming.

Mark: I see what you mean. If you were in charge of watering the plants, they would be long dead.

Kayleigh: And if you were in charge of making the cookies, we would all have food poisoning.

Mark: What do you think, Dorothy?

Dorothy: Before your insults, I was thinking that I love volunteering here because I get to see the books first. I can put my name on books for myself or my grandkids. I can be self interested about that. I'm also a social person, and this is a place where I've been able to meet many people. I've even had the opportunity to learn some

computer skills, where I wouldn't have otherwise.

Mark: Dorothy, you're so kind, let's throw you a party!

Kayleigh: Funny you should mention a party. We like to show our volunteers how much we appreciate their indispensable help. Volunteer appreciation is an annual week long national celebration in April that gives us a chance to show our volunteers how much they mean to us. This years theme is 'Volunteers plant the seeds of kindness.' The week culminates in a volunteer appreciation luncheon hosted by the library staff and trustees. If you are interested in being one of the most important parts of the library, a volunteer, fill out an application form at the desk or just talk with me! We will find a way you can help.

Vacation Legos, 10:30-11:30 a.m.

Come build with us! Do a challenge or just free-build. Snack will be provided. Grades K-4 Conversational French, 3:30-4:30 p.m.

Book Bites, 5-6:30 p.m.

Join us for this month's cookbook club! This month's theme is light and fresh! Sign up required with \$5 for supplies.

Foreign Movie Night, 7-9 p.m.

This month's movie is "Ode to My Father," from South Korea.

Friday, April 28 Social Bridge, 10:30 a.m.-12:30 p.m.

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

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

Monday, May 1 Mahjong, 12:30-3 p.m. Lego Club, 3:30-4:30 p.m.

Tuesday, May 2 Fiber Friends, 10 a.m.-12:30 p.m.

Toddler Storytime, 10-10:30 a.m.

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

Preschool Storytime, 10:45-11:45 a.m.

Wednesday, May 3 Line Dancing, 9-10:30 a.m.

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

### GILFORD POLICE LOG

The Gilford Police Department responded to 165 calls for service and made the following arrests during the week of April 17-23. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

Katherine Ann Urquhart, age 32, of Plymouth was arrested on April 20 in connection with an outstanding warrant, and after being identified as a Fugitive From Justice.

Christopher Blodgett, age 43, identified as a transient, was arrested on April 20 for Theft By Unauthorized Taking or Transfer

(Larceny).

Dennis P. Marhefka, age 46, of Gilford was arrested on April 21 for driving at excessive speed.

Lorraine M. Barr, age 59, of Laconia was arrested on April 21 for Conduct After an Accident.

A 48-year-old male from North Attleboro, Mass. was taken into

protective custody for intoxication on April 22.

Tristidonna L. Copp, age 37, of Belmont was arrested on April 22 in connection with an outstanding warrant.

Ariel Baron, age 25, and Jamie Judkins, age 35, both of New Ipswich, were arrested on April 23 for Criminal Trespassing.

### Classes & Special Events

April 27 to May 3

Thursday, April 27

## Gilford Public Library Top Ten Requests

1. "Two From the Heart" by James Patterson
2. "The Fix" by David Baldacci
3. "The Black Book" by James Patterson
4. "If Not For You" by Debbie Macomber
5. "The Zookeeper's Wife" by Diance Ackerman
6. "The Sleepwalker" by Chris Bohjalian
7. "Vicious Circle" by C. J. Box
8. "Small Great Things" by Jodi Picoult
9. "The Women in the Castle" by Jessica Shattuck
10. "Fast and Loose" by Stuart Woods



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## Pet of the Week: Sprinkles



Sprinkles is as sweet as the confection she is named after.

She was rescued off the streets of Belmont while we were all coping with the winter that just wouldn't leave.

This lovely little cat was starving and emaciated, bedraggled, barely alive. Later we diagnosed Sprinkles with feline diabetes. In the short term we are treating her condition with a specially formulated diet. She's

doing so much better already.

We'd like to place her in a foster home, a less stressful option for this adorable long haired tabby girl, giving us time to regulate her system.

Could you offer your heart and home for perhaps the most affectionate, gentle cat we have who surely deserves a second chance? She will repay your kindness with affection and purrs a plenty!

## Thoughts from the Thrift Shop

*News from the Gilmanton  
Community Church  
Thrift Shop and Food Pantry*

The Gilmanton Food Pantry could use your help. At this time of year, donations are less than at other times of the year; however, our families still need to eat. We would welcome donations of non perishable food, suggestions such as canned vegetables, spaghetti sauce, dry goods such as instant potato, hamburger helper, flavored potatoes, stuffing, beverages such as coffee, tea or juice or any other non perishable food item.

Please consider making a donation of food or a monetary donation or just drop by

our Thrift Shop. Proceeds from the sale of clothing help to keep the pantry running.

Any item, even 1 can, will help prepare a meal for someone's table. Thank you for your support.

Location: 1817 Route 140, Gilmanton Iron Works

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## NORTH COUNTRY NOTEBOOK

# So, snow fleas are a hoodwink? There's more to it than you think



By JOHN HARRIGAN  
COLUMNIST

*This column may seem outdated to some readers, as it probably is.*

*It was written for a rainy day when I might not be able to write a column that week, but seems particularly apt at a time when snow still lingers in some parts of the state.*  
—JDH

I think I first became aware of the reality of snow fleas when I was in my mid-20s, after two decades of snowshoeing and skiing and otherwise enjoying life in oblivion, out there atop the snow.

Like many others, no doubt, I'd noticed dark outlines around my snowshoe tracks on sunny February days, but I dismissed it as some kind of tree particles in the snow—bits of bark blown off by the wind, maybe. Little did I know...

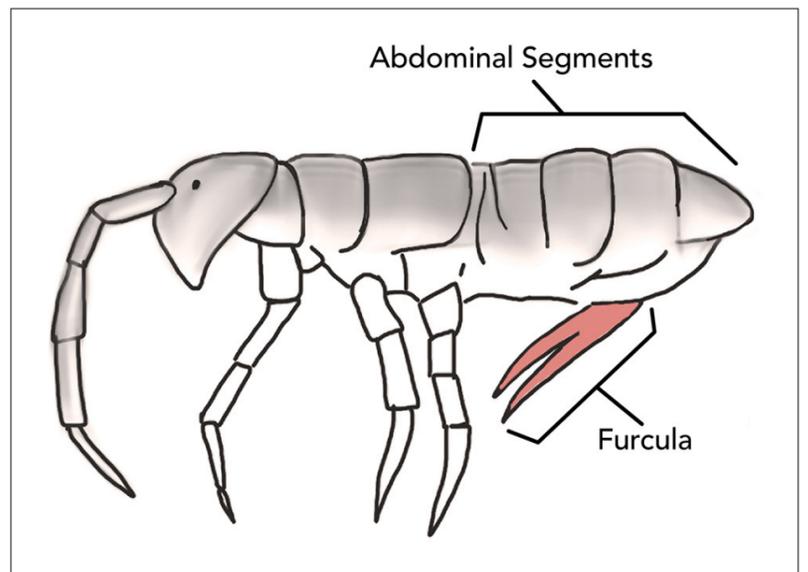
Until one day when I was somewhere with Fish and Game, doing a story on winter deer yard mortality—Kilkeny, I think—and I had to bend over to tighten a snowshoe binding. And then, before my amazed eyes, those black outlines around my tracks came alive. The snow, inches from my face, was an incredible commotion of tiny black creatures, not much bigger than grains of pepper—creatures moving about, flipping about, springing about, like performers in a circus.

Being the budding outdoor writer I was at the time, I dashed home and tried to look up this phenomenon in my meager reference books, to no avail (this was, of course, long before Google). Stymied, I called a Learned Person, the



COURTESY — CJC LAND AND SEA

If you had the greatest eyesight in the world, and could bend over far enough to get really close to the snow, this is what you'd see.



COURTESY — MOONSHINE INK

This rendition of a snow flea shows what you normally cannot see, the flip-enabling appendage hidden beneath its body.

kind of people I was so lucky to hang out with and befriend during those early years—wild-life biologists, researchers, grad students, conservation officers, loggers, foresters and farmers. "They're snow fleas, you moron," he said, or similar kindly words.

Of course, I've always been a fan of looking down, ever since I was a toddler, and have had a happy lifetime of noticing things and finding things that other people just walk over and pass on by. I find lots of coins, for instance, and four-leaf clovers, or anything else amiss in that world below our feet. But who thinks to look at snow?

That would be me,

ever since discovering snow fleas. After that, whenever on snow—on foot, on snowshoes, on skis, even on snowmobiles (I never liked going very fast)—I got into the habit of looking down.

There is a whole world unto its own down there under the snow pack. Many people before me have studied this world, of course, and had long before paid attention to snow fleas. There is abundant literature.

Abundant enough, in fact, to be boring. Suffice to say that snow fleas are members of the springtail family, do not bite, and emerge by the billions (no exaggeration) to feed on algae blooms in the snow, which I have seen in red, blue-

green and orange.

So the next time someone casually mentions snow fleas, don't tighten up as if you're about to become the butt of an inside joke. They're real—as real as a hoorah's nest in a spruce tree, or a will-o-the-wisp on a distant ridge.

(Next, coming to a theater near you: Snow spiders, and the sequel, ice worms.)

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

## FROM OUR READERS

### The work of CASA volunteers has been inspiring

To the Editor:

In honor of April being National Child Abuse Prevention month and it being Volunteer Appreciation Week, I would like to acknowledge the everyday superheroes that are making a meaningful and important difference to abused and neglected children in Carroll and Belknap counties.

Due to the strict confidentiality of juvenile abuse / neglect cases, these impressive volunteers can not

share the heartbreaking stories, nor can they tell you about the happy-endings that they helped create. Their incredible efforts and tireless work often goes generally unrecognized. These volunteers come from various backgrounds, but one thing they have in common is they came to CASA of NH because they wanted to use their skills and experiences to give back and to help an abused or neglected child in their community. The CASA volunteers are showing these children that there is a caring adult who wants to get to know them, and are working diligently to help get them in a safe and permanent home to grow up in. These essential volunteers are making a positive difference and I am so impressed and proud of all that they do for these children. It has been my pleasure to work with these incredible men and women. They do this work because they genuinely believe every child has the fundamental right to grow up in the nurturing embrace of a warm, loving family, and it's been inspiring to see the changes made one child at a time due to the CASA volunteers. Thank you!

## Send us your letters!

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

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We're looking forward to hearing from you!

Joy Nolan  
Program Manager, Belknap & Carroll County  
CASA of NH

# Streetcar brings "Mary Poppins" to the stage

BY ERIN PLUMMER

eplummer@salmonpress.com

MEREDITH — The adventures of a magical nanny and her friends will come to the stage in Streetcar Company's production of "Mary Poppins."

The classic show will come to the stage at the Inter-Lakes Community Auditorium this weekend, complete with highflying performers, special props, and a lot of family fun.

Director J Alward said they wanted to do a family friendly show following their previous production, which was more serious and geared to adults.

Alward said this is technically difficult show. In addition to flying there are also shelves and other items that become a mess and pull themselves back together.

The company rehearsed for 12 weeks, also dealing with weather delays and sickness.

Alward said while not everything might go off 100 percent perfect, she said they are "going to do everything to make the magic happen."

"It's a really dedicated bunch," Alward said.

Alward said they have performers from all levels of experience, including those performing for the first time to those who regularly do high school and community theater.

Mary Poppins herself is played by Kelli Powers of Gilford.

"Mary is an iconic character that most of us grew up watching," Powers said. "You wish she was your babysitter, you wanted to ex-



ERIN PLUMMER

Mary Poppins (Kelli Powers) dances with Michael and Jane Banks (Jesse Powers and Isabella Cotrell) in Streetcar Company's upcoming production of "Mary Poppins."



ERIN PLUMMER

Michael and Jane Banks (Jesse Powers and Isabella Cotrell) eavesdrop on their parents (Meredith Imbimbo and Rodney Martell).



ERIN PLUMMER

Mary Poppins (Kelli Powers) meets the Banks family.

perience her magic."

She said throughout the play Mary helps the Banks family, teaching the children how to be good and care for others and the whole family to come together.

"I think she builds a connection with everyone she is a nanny to," Powers said.

Powers said she is such a fun character to play.

She has seen numerous versions of "Mary Poppins" from the original movie to productions from high schools to Broadway.

She said Mary has a sense of magic she wants to convey to little kids in the audience when she is out on stage.

Powers has worked with Streetcar for six years.

"This is my family outside of my personal life," Powers said.

She said she has greatly enjoyed the experience.

"You're creating art that hopefully not only kids adults will enjoy as well," Powers said.

She is also working with her niece and nephew on the show, which she said has been an amazing experience.

Chris Fernandez of Laconia plays Bert the chimney sweep.

"It's the hardest role I've ever had," Fernandez said.

The role involves a lot of signing in a Cockney accent, dancing, and flying.

"The easy part is, if I mess up, that's just Bert being Bert," Fernandez said. "I can do anything I want. If I overact to the point of ridiculousness it would still work."

The first thing he worked on when he got this role was his accent, which is important for his singing.

He said it was great working again with

Streetcar.

"It was kind of like getting the old gang back together," Fernandez said.

Michael Banks is played by 12-year-old Jesse Powers of Gilford.

"In the beginning, he's kind of bratty, snobby, takes everything for granted," Powers said. "As the show goes on, he's more mellow and he's not as bratty as he used to be because of Mary Poppins."

Jesse Powers said he has watched the movie before.

"I like it because it's like magic," he said.

He has been doing plays for a while and said any difficult parts were ones he had never done before.

This was Jesse's first time working with Streetcar, getting involved with the production through his aunt, Kelli Powers.

Jane Banks is played by 11-year-old Isabella Cotrell of Gilmanton.

"In the first part of the show she's very snotty and rude and doesn't care about anybody except herself," Cotrell said. "When she gets to know Mary Poppins her attitude changes."

She said her character starts appreciating her family and what she has, learning how to be a better person.

Cotrell said the production has been hard, but it has been fun.

"Mary Poppins" will take the stage on April 28 and 29 at 7 p.m. and April 29 and 30 at 2 p.m. For tickets and information, visit [www.streetcarcompany.com](http://www.streetcarcompany.com).

## GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director

Gilford Parks and Recreation

### Senior Moment-um trip to Ellacoya Barn & Grille on May 1

The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, May 1. We will be meeting at the Ellacoya Barn & Grille right here in Gilford at 11:30 a.m. It's their "\$5 Burger Monday," so you can order the special or you can simply order off the menu. The cost will be up to you and how hungry you are. They are located right on Lakeshore Road (Route 11), just a short ways past Ellacoya State Park. Participants are asked to RSVP by April 26.

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

### Adult Spring Hiking Program begins on May 2!

The Gilford Parks and Recreation Department is sponsoring a series of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. These hikes will begin on May 2nd at Winnisquam Scenic Trail in

Belmont and May 9th at the Winnepesaukee River Trail in Tilton. Participants will gather at 9:00 a.m. in the Gilford Town Hall before departing for the hike. All interested participants are asked to RSVP at least one day in advance to each trip. The cost of the hikes is \$1 per person, per hike.

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

### Tickets available for Red Sox bus trip on July 19

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 Wednesday, July 19 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: \$75 per person or \$280 for a four-pack. For more information, please call 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 9, 16 & 23 and June 6, 13 & 20. The session dates for adults are; May 11, 18 & 25 and June 8, 15 & 22. 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 more information, please contact the

Gilford Parks and Recreation Department at 527-4722.

### LEGO YOUR MIND Robotics Camps

The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of June 26 - June 30. The camps will take place at the Gilford Middle School from 9 a.m. - 3 p.m. The "Build it BIG: Superstructures, Motorized LEGO Cars & Stop Motion Animation" is open to children ages five and a half to nine years of age and the "Build it BIG: EV3 Robotics, Minecraft & Stop Animation" is open to children ages nine to 14 years of age. Participants can register online at [www.letgoyourmind.com](http://www.letgoyourmind.com).

Cost: \$310

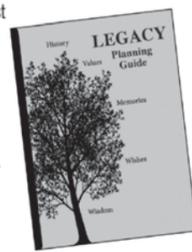
For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

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## Marie C. Landroche, 67

Marie C. Landroche, 67, of Gilford, a beloved wife, sister, aunt, daughter, and friend to so many, passed away at her home on Tuesday, April 18, 2017 after a courageous, lifelong battle with polio and later, post polio syndrome.

Marie was born in Laconia in 1949 to Alphonse and Jean (Bolton) Landroche. She contracted an acute, life threatening case of polio at the age of two and was not expected to survive. However, polio was no match for Marie; she not only survived the disease, she grew up to be a well-educated, articulate, compassionate advocate for students, clients, family and friends. Her goal was always to help improve the lives of others.

After graduating from Laconia High School in 1967, Marie attended the University of Illinois and graduated with a teaching degree in 1971. She taught in Indiana prior to moving back to



Laconia in 1973 to teach English at Memorial Junior High School. Marie graduated from Franklin Pierce Law School in 1981. She received a Master's degree in Tax Law from the University of Florida in 1982, and worked for Disabilities Rights until she became severely disabled with post-polio syndrome.

Marie was an inspiration to all who met her. She was a model of strength, determination and independence. She accepted her physical limits, made the most of her emotional and intellectual abilities, and was happy for each and every day of her life.

Marie is survived by her brothers, Chuck,

Ted, Pat and Mike Landroche; her sisters, Jerry Sawyer and Theresa Kennett; several nieces, nephews, great nieces and nephews; and many loving, caring friends.

Marie was predeceased by her husband, Vance Gaul; her parents, Alphonse and Jean Landroche; and her nephew, Chip Kennett

A service honoring Marie's life and loves will be held at the Gilford Community Church, 19 Potter Hill Rd., Gilford, NH on Wednesday, May 3, 2017 at 11 a.m.

Memorial contributions may be made to Enhanced Life Options Group, 3 Executive Park Drive, Suite 269, Bedford, NH 03110.

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 wilkinsonbeane.com.

## Constance L. Lowell, 82

Constance "Connie" L. (Goss) Lowell of Gilford, passed away on Sunday, April 16, 2017 after an extended illness.

Mrs. Lowell was a life-long resident of the Lakes Region, born on May 7, 1934 in Laconia to the late William H. Goss and the late Dorothy (Stevens) Goss, and was a proud graduate of Laconia High School, class of 1952. At the age of 21, she became afflicted with polio. After rehabilitating in Warm Springs, Georgia, returned to New Hampshire and was confined to a wheelchair for the next 62 years.

Connie never allowed her disability to hold her back from enjoying and experiencing all that life had to offer. Connie dedicated more than 22 years of her life to the Town of Gilford, police department as a full-time dispatcher and secretary to the Chief of Police. She was very proud of her work with the department and was given a most well deserved send-off into retirement. Connie was very active with her high school classmates attending month-



ly luncheon. She steadfastly supported animal rights organizations in New Hampshire and was an avid long-time fan of her beloved Boston Red Sox, following the team every season, one game after the other, even into the early part of this month.

Connie is survived by a sister, Marilyn L. Grant, and husband Charles F. Grant of Gilford, and six nephews (Sheldon C. Morgan, Wayne D. Morgan, Steven Grant and Timothy F. Grant, of Gilford, along with Michael S. Grant of Laconia and Scott A. Grant of Center Harbor).

In addition to her parents, Connie was preceded by her husband, Donald L. Lowell; a sister, Jeanette G. Morgan of Laconia; and a nephew, Charles F. Grant, Jr. of

Kingston.

Visitation was held on Sunday, April 23, 2017 from 2 to 5 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St. in Laconia, using the Carriage House entrance.

Funeral services were held at 11 a.m. on Monday, April 24, 2017 at the Gilford Community Church, 19 Potter Hill Road, Gilford.

Interment followed in the family lot at Pine Grove Cemetery in Gilford.

In lieu of flowers, donations may be made to the New Hampshire Humane Society, PO BOX 572, Laconia, NH 03247 or the Gilford Police Relief Association, c/o Gilford Police Department, 47 Cherry Valley Rd., Gilford, NH 03249.

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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### Can You Free Yourself of Some Investment-related Taxes?

Tax Freedom Day generally falls around this time each year. This is the day when the nation as a whole has earned enough money to pay off its total tax bill for the year, according to the calculations made by the Tax Foundation. So you may want to use Tax Freedom Day to think about ways you can liberate yourself from some of the investment-related taxes you may incur.

Of course, Tax Freedom Day is something of a fiction, in practical terms, because most people pay their taxes throughout the year via payroll deductions. Also, you may not mind paying your share of taxes, because your tax dollars are used in many ways – law enforcement, food safety, road maintenance, public education, and so on – that benefit society. Still, you may be able to reduce those taxes associated with your investments, leaving you more money available to help you work toward your important goals, such as a comfortable retirement.

Here are some suggestions for making investing less "taxing":

- **Contribute regularly to tax-advantaged retirement plans.** Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Traditional IRA earnings

grow tax deferred, and your contributions may be tax-deductible, depending on your income. (Taxes will be due upon withdrawal, however, and withdrawals made before you turn 59½ may be subject to a 10% IRS penalty.) Your 401(k) or similar plan also provides the opportunity for tax-deferred earnings growth. Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don't take withdrawals until you're 59½ and you've had your account at least five years.

- **Follow a "buy-and-hold" strategy.** If you sell investments you've owned for less than a year, and their value has increased, you will have to pay capital gains taxes at your personal income tax rate, which, in early 2017, could be as high as 39.6%. But if you hold investments for at least a year before selling them, you'd be assessed the long-term capital gains rate, which tops out at 20%. Be aware, though, that the Trump administration and Congress seem likely to change the tax rates. Early plans call for a maximum personal income tax rate of 33%, with the top rate for capital gains and dividends either staying at 20%, or possibly being reduced to 16.5%. In any case, you'll still come out ahead,

tax-wise, by holding your investments long enough to receive the long-term capital gains rate.

- **Consider municipal bonds.** If you are in one of the higher income brackets, you might benefit from investing in municipal bonds, which are typically used to finance public projects, such as roads, schools, airports and infrastructure-related repairs. Interest payments from "munis" are typically exempt from federal income taxes and may also be exempt from state and local taxes, depending on the state in which the bond issuer is located. Interest payments from some types of municipal bonds may be subject to the alternative minimum tax (AMT). Again, though, watch for developments from Washington, as both the Trump administration and some congressional leaders favor eliminating the AMT.

When charting your investment strategy, consider your risk tolerance, time horizon, family situation and estate plans. But investment-related taxes should also be in your strategic mix – so look for opportunities to keep these taxes under control.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact

**Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook [www.facebook.com/EJAdvisorJacquelineTaylor](http://www.facebook.com/EJAdvisorJacquelineTaylor).

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.



## Martha G. McIntyre, 69

Martha G. McIntyre, 69, of Avocado Lane died at her home.

Martha was born on June 15, 1947, the daughter of Thomas J. and Myrtle McIntyre. She worked as a paramedic until her health prevented it, and then worked on educational grants for college kids and other social services. In later years



she devoted herself to arts, crafts, and the-

ater. Martha had been a resident of Gilford for over 25 years.

Martha is survived by a son, Samuel C. McIntyre, and a grandson, Stellan McIntyre.

She was predeceased by her parents.

Calling hours were held from 3 to 5 p.m. on Saturday, April 22, 2017 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

For those who wish, the family suggests that memorial donations may be made to Bread and Puppet Theater ([www.breadandpuppet.org](http://www.breadandpuppet.org)), 753 Heights Rd., Glover, VT 05839 (802-525-3031). 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, please visit [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

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## Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food [www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)



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Where to Meet

What to Pack

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# Lakes Region Symphony Orchestra hosts a "Sinatra Spectacular" May 13

MEREDITH — The Lakes Region Symphony Orchestra invites you to our final concert of our spectacular 2016-2017 season on Saturday, May 13 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith. "Sinatra!"

One word says it all. Spend a fabulous evening with vocalist extraordinaire Michael Gallagan as he escorts you down memory lane with selections from Frank Sinatra's timeless songbook. You'll be awash in Michael's Sinatra-esque vocal style accompanied by rich orchestral arrangements - most written by the incomparable arranger Nelson Riddle. Come enjoy "A Foggy Day," "I've Got You Under My Skin," "Summer Wind," "Our Love is Here to Stay," "My Way," and many more Sinatra big-

band-style classics. We guarantee you will not want this concert to end!

Michael Gallagan was the guest artist at the LRSO's 2015 holiday POPS concerts, treated to thunderous applause and two standing ovations. Michael is a classically trained vocalist and graduate of Boston University and is currently the choral director at Alvirne High School in Hudson. Michael has performed at symphony hall and has appeared in numerous professional musical theatre productions. He performs as a jazz vocalist and pianist in and around the local area and the Boston area.

Also featured at this modern America POPS concert is LRSO saxophonist extraordinaire Dennis Côté performing jazz standards "Autumn



COURTESY Crooner Michael Gallagan performs some of Frank Sinatra's classic hits with the Lakes Region Symphony Orchestra on May 13.

"Give My Regards to George," and "Just Friends" - all wonderful arrangements with orchestra. This May 13 concert is the fifth and final concert of the LRSO's bril-

liant 2016-2017 season. Last year's Rodgers and Hammerstein POPS concert was sold out, and this concert is already 90 percent sold. Tickets for the May 13 concert are only \$15 for adults and \$8 for students college-age and under. Tickets are available online at [www.LRSO.org/tickets](http://www.LRSO.org/tickets), and a few tickets remain at the following ticket outlets: Innisfree Bookshop in Meredith and Greenlaw's Music in Laconia.

We want to thank all our patrons for supporting us this year, keeping orchestral music live and well here in the beauti-

ful Lakes Region of New Hampshire. Next year's season will be announced soon, so please join our mailing list at [www.LRSO.org](http://www.LRSO.org) or follow us on facebook at LRSO1. And please be sure to tell a friend!

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing more than 36 communities in the Lakes Region and beyond.

## Winni Players present "Anne Frank" staged reading for Holocaust Remembrance Day

MEREDITH — For the Winni Players' 10th annual staged reading in honor of Holocaust Remembrance Day, the community theatre company is going back to its roots. Eleven years ago, their production of "The Diary of Anne Frank" was the impetus to begin an annual Holocaust Remembrance event. This year, the staged reading will go back to that original script of "The Diary of Anne Frank." The event is once again sponsored by Temple B'Nai Israel in Laconia. There will be two presentations of the script, one on Saturday, April 29 at 7:30 p.m. and the second on Sunday, April 30 at 2 p.m.

The play is written by Wendy Kesselman, and is an impassioned drama about the lives of eight people hiding from the Nazis in a concealed storage attic. It captures the claustrophobic realities of their daily existence—their fear, their hope, their laughter, their grief. Each day of these two dark years, Anne's voice shines through:

"When I write I shake off all my cares. But I want to achieve more than that. I want to be useful and bring enjoyment to all people, even those I've never met. I want to go on living even after my death!"

Like most of the past presentations for Holocaust Remembrance, the play will be performed as a staged reading meaning that the actors will have minimal blocking and will hold their scripts in hand. Though not a full-scale production, these staged readings are always moving and thought-provoking. John Piquado will be reading the part of Otto Frank, the role he played to great acclaim 11 years ago. He is joined by Gilford's Kaylee Lemire, who will be reading the part of Anne. Other accomplished local actors taking part in the reading include Dorothy Piquado, Lynn T. Dadian, Jennie Leonard, Matt McGonagle, Tamara McGonagle, Andrew Burke, Ray Dudley, Jen Bleiler, SEE ANNE FRANK PAGE A11

## Sinatra takes a rare turn as a villain in "Suddenly" on LRPA

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (April 28 & 29) for this week's "LRPA After Dark" encore presentation of 1954's film noir crime drama "Suddenly," starring Sterling Hayden and Ol' Blue Eyes himself, Frank Sinatra.

"Suddenly" tells the tale of three would-be assassins who come to the town of Suddenly, Calif., with murder on their minds: specifically, killing the President of the United States as he travels through on the train. They pose as FBI agents to gain entrance to a home, then take everyone hostage while they plan their despicable deed. Sinatra made this film hot off of his Oscar-winning role in "From Here to Eternity," and was keen to play a villain. He did so to high critical praise. A sad footnote to this film is that allegedly, "Suddenly" is the film that Lee Harvey Oswald watched the evening before he shot President Kennedy to death in Dallas, Texas. Hollywood legend has it that, upon hearing this news, Sinatra demanded that "Suddenly" be pulled from any further film distribution. Because of this, many younger viewers have never had the chance to see this film, one that The New York Times hailed as "... a compact study of terror and suspense, with a bit of a nervous contemplation of a psychopathic character thrown in." If

you've never seen "Suddenly," you're in a classic film treat! So grab your popcorn and join LRPA after dark for this crime drama from the past.

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

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

(LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 12,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood, and around the world via LiveStream at [www.lrpa.org](http://www.lrpa.org). Programming is produced by and for the people of the great-

er Lakes Region. LRPA's mission is to empower our community members to produce content that:

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

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

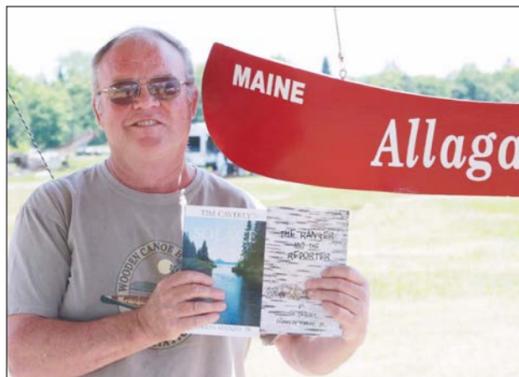
## Hear tales of the Allegash with Tim Caverly at Taylor Community

LACONIA — Maine author Tim Caverly has written and published seven books about Maine's northern forest. In addition, several of his short stories have been printed in newspapers, magazines and outdoor journals.

Canoe 92 miles through the heart of the Maine woods as Caverly guides you down the wild Allegash in a presentation Monday, May 8 at 6:30 p.m. in Taylor Community's Woodside Building. The event is free and open to the public.

The program includes music as well as scenic and historic photos from our northern forest.

Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. For more information, visit [www.taylorcommunity.org](http://www.taylorcommunity.org).



**Tim Caverly**  
Listen as he recants forgotten logging history; Native American lore and tales of animals and characters he encountered while living in remote New England.

Taylor Community is a not-for-profit Continuing Care Retirement

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# NH Humane Society celebrates selection as Gilford Hannaford Cause Bag program beneficiary

The New Hampshire Humane Society is thrilled to have been selected by the Gilford Hannaford Cause Bag program as its May beneficiary of the "Hannaford Cause Bag" program. This exciting program was designed to support local nonprofits like the NH Humane Society. For every Hannaford Cause Bag with the Good Karma Message purchased at the Hannaford located at 1425 Lakeshore Drive, Gilford, the New Hampshire Humane Society will receive a \$1 donation in order to help fulfill its mission of finding responsible and

caring forever homes for lost, abandoned and neglected animals. The Humane Society works hard to prevent cruelty to animals and offers education and outreach programs, pet therapy, and many community initiatives to help people and their pets in the 17 communities in the NHHS area, including Gilford, and beyond.

"We deeply appreciate being chosen by the Gilford Hannaford store to be the beneficiary of this worthy program," said Marylee Gorham, NH Humane Society Executive Director. "We rely on our community

business partners as an integral part of achieving our mission - to advocate and be the voice for the voiceless."

The New Hampshire Humane Society is a

501(c)3 non-profit whose mission is made possible only by the generous donations of our community business partners and individual donors. For more infor-

mation about the New Hampshire Humane Society or to make a donation, visit us online at [nhhumane.org](http://nhhumane.org) or on Facebook.

For more informa-

tion on the Hannaford Cause Bag program, visit [www.hannaford.bags4mycause.com](http://www.hannaford.bags4mycause.com) or [www.facebook.com/hh-bagprogram](http://www.facebook.com/hh-bagprogram).

## LRAA Art Gallery offers special activities for visitors during Spring NH Open Doors

TILTON — The Lakes Region Art Association Art Gallery, located at the Tanger Outlets in Tilton, is participating in Spring New Hampshire Open Doors, a New Hampshire touring and shopping event happening on May 6 & 7. Spring is a great time of year to tour New Hampshire's scenic highways and country roads, and to shop (tax-free) for New Hampshire-made gifts. During this weekend, visitors can purchase items made here in New Hampshire, meet and talk with artists and craftspeople in their studios, sample fresh products from farm stands and orchards, and savor fine cuisine and wine at local restaurants. There will be special activities, including craft demon-



COURTESY

The Lakes Region Art Association Art Gallery, located at the Tanger Outlets in Tilton, is participating in Spring New Hampshire Open Doors, a New Hampshire touring and shopping event happening on May 6 & 7.

strations and workshops, food samplings, and more.

The Lake Region Art Association Art Gallery will host a full weekend of art demonstrations. Open from 10 a.m. to 6 p.m. on both Saturday, May 6 and Sunday May 7, the public is invited to watch local lakes region artists at work. Artists include; Joanne Reynolds, Gerri Harvey, BJ Eckardt, Rupe Cheney, Jini Lambert, Marlene Witham, Beverly Shanley, Gerald Paquette, Teresa Spinner, DJ Geribo, Shirley Fitzgerald, Jackie Sandstrom, and others. Demonstrations include working in oil

paint, acrylic, watercolor, and mix media. Visitors also have the opportunities to view more than 200 pieces of art including original paintings, prints, photos and cards. Represented at the Gallery are 27 artists and photographers from all over the Lakes Region. For more about the Art Association, visit [www.lraanh.org](http://www.lraanh.org)

### Visitors choose their own experience

Spring NH Open Doors is self-guided, so visitors create their own driving routes and visit the participants and locations that interest them. To help visitors plan

their self-guided tour, the Spring NH Open Doors Web site - [www.NHOpenDoors.com](http://www.NHOpenDoors.com) - features an interactive map listing participants by region, a description of what each is offering, and a custom-designed Google map with driving directions to each location. Visitors can download and follow itineraries that feature groups of participants in different areas of the state.

### Passport Contest for Visitors

The Spring NH Open Doors Passport Contest provides visitors with another reason to take the tour - they can win great prizes such as tickets to the Annual Craftsmen's Fair. Visitors can download a Spring NH Open Doors Passport from [www.nhopendoors.com](http://www.nhopendoors.com) to take with them on their tours. For the contest, you must visit five Spring NH Open Doors locations, have the participant sign and date your passport, and then send in the completed passport to the League of NH Craftsmen.

Spring NH Open Doors is managed by the League of NH Craftsmen and is sponsored in part by the state of New Hampshire. The League of NH Craftsmen ([www.nhcrafts.org](http://www.nhcrafts.org)) is a non-profit arts organization that encourages, nurtures and promotes the creation, use and preservation of fine craft through the inspiration and education of artists and the broader community.

## MARK ON THE MARKETS

### Bunch of stuff



BY MARK PATTERSON

It is not uncommon for a potential new client who brings their current investment portfolio into our initial meeting to have multiple accounts with retail mutual funds, stocks and sometimes exchange traded funds. A discussion about diversification is always a part of our meeting. Having multiple mutual funds with different names often provides comfort to the holder of those investments believing that there must be some kind of plan behind the investment

choices.

As I've written in the past, I got into this business 22 years ago as a retail broker. I was fortunate to join a conservative firm with some "old school" brokers that mainly dealt with individual stocks and bonds. There were some mutual funds out there that had very good performance based on the manager's expertise or a sector, such as "banking." There was so much consolidation in the banking industry, that all you had to do was buy a few local banks and they would get bought out at a premium by bigger banks. Average returns in the equity markets were closer to 18 percent than today's five percent. So, if a mutual fund was charging 7 percent commission and one and a half percent fees, you could

still make money. Obviously, commissions have come down and fees are slightly less, however fees are still a much greater percentage of the total return than in the past.

I still see far too many "C" class mutual funds in potential client accounts. See class mutual funds have fees that the client doesn't see unless they know where to look. I have seen "C" class bond funds where the broker and the fund company make more return than the owner of the fund. It is my opinion that selling "C" share classes are not in the client's best interest. The C class mutual funds are often found in brokerage accounts that are commission based whereas the broker added these funds set up an annuity stream of payments for themselves. There are likely "A" class shares that charge an upfront commission and have less internal expense. These fund companies

SEE MARKETS PAGE A11

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# Reduced cost spay/ neuter program available at NH Humane Society

LACONIA — A key component of the New Hampshire Humane Society's mission is to provide forever homes to lost, abandoned and neglected animals. All animals at the shelter located on Meredith Center Road are sterilized prior to adoption, in addition to receiving routine vaccinations, anti-parasitic medication, microchipping and behavioral and enrichment care before embarking on the next step in their lives, a loving forever home. Adop-

tion placement is only one facet of the multi-pronged mission at this animal welfare agency. Providing an alternative for pet owners seeking spay neuter services, is another aspect of this community resource for animal related issues.

S.N.A.P. is an affordable Spay/Neuter Assistance Program to help reduce the number of unwanted animals that end up on the streets, in need of care. This program is available to anyone wishing to access

surgical sterilization of his or her pets. In 2016, the New Hampshire Humane Society S.N.A.P. program provided 187 reduced-cost spay and neuter procedures.

NHHS Executive Director, Marylee Gorham, says, "This is an important community outreach initiative that we provide to promote our mission and help the members of our community be responsible pet owners."

To apply, simply visit [www.nhhumane.org](http://www.nhhumane.org). Applicants should

provide current vaccination status for the pet including rabies certification. Should the pet need vaccinations those too are offered as part of the service, thus assisting pet owners remain in compliance with State law. If fleas, ear mites, or tapeworms are noted, NH Humane Society will also treat for those parasites.

Applying to the program is easy and streamlined either online, by mail, or fax to the shelter. The NHHS veterinary team reviews the applications and sets surgery dates by appointment, giving additional instruc-

tions to prepare the pet prior to surgery. Check in time is 8 - 9 a.m. on Thursdays. Currently, wait time for booking surgery at the shelter is about two weeks.

The SNAP program is able to offer reduced-fee spay and neuter services because of community support. If you would like to help end pet overpopulation, please consider contributing to the New Hampshire Humane Society SNAP Program.

The New Hampshire Humane Society is a 501(c)3 non-profit whose mission is to find responsible and caring forever

homes; provide shelter for the lost, abandoned and unwanted animals; advocate and be the voice for the voiceless. The Humane Society works hard to prevent cruelty to animals and offers education and outreach programs, pet therapy, and many community initiatives to help people and their pets in the 17 communities in the NHHS area, and beyond.

For more information about the SNAP clinic, and to view adoptable pets and learn about other programs offered at NHHS, call 524-3252 or check [nhhumane.org](http://nhhumane.org).

## Opening dates to remember in the Lakes Region!

REGION — The warmer weather of May means summer is just around the corner, and the Lakes Region is coming alive. Summer attractions are waking up from their hibernation all over the Lakes Region, and many offer early season deals for travelers.

Here are a few of the highly anticipated attraction openings in the Lakes Region of New Hampshire this season:

April 29 - Mount Washington Cog Railway, Bretton Woods.

May 1 - Mt. Kearsarge Indian Museum in Warner.

May 1 - Powered Parachute in Plymouth.

May 1 - Squam Lakes Natural Science Center in Holderness.

May 1 - Wright Museum of World War II in Wolfeboro.

May 1 - Tarbin Gardens in Franklin.

May 3 - Haunting

Whisper in Danbury

May 5 - Cannon Mountain in Franconia.

May 6 - Polar Caves Park in Rumney.

May 6 - Pemi Valley Excursions & Moose Tours in Lincoln.

May 6 - Canterbury Shaker Village in Canterbury.

May 13 - Castle in the Cloud in Moultonborough.

May 14 - M/S Mount Washington in Weirs Beach.

May 27 - Clark's Trading Post in Lincoln.

May 27 - Story Land in Glen.

May 27 - Santa's Village in Lincoln.

May 27 - New Hampshire Boat Museum in Wolfeboro.

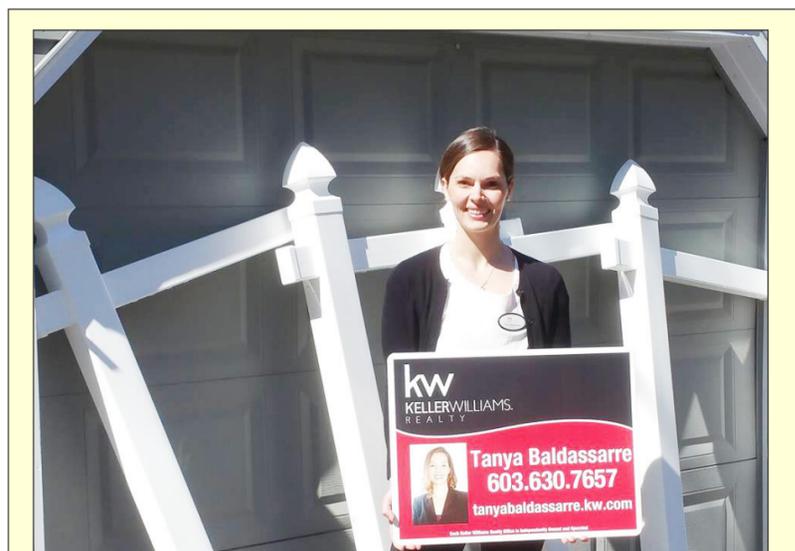
May 27 - Winnepesaukee Belle in Wolfeboro.

May 27 Winnepesaukee Scenic Railroad, Meredith

May 27 - Wolfeboro Trolley in Wolfeboro

All are invited to sign up for the LRTA "Ripples" e-newsletter that provides details on special events, dining, attractions and lodging throughout the region.

The Lakes Region Tourism Association is the official tourism board of the region, representing close to 100 communities, 273 lakes and ponds, and more than 400 businesses in central New Hampshire, including area attractions, restaurants, retail establishments and accommodations. For more information or visitors' guides, visit [LakesRegion.org](http://LakesRegion.org), [facebook.com/NHLakesRegion](https://facebook.com/NHLakesRegion) or follow on Twitter. For more information about New Hampshire, go to [www.visitnh.gov](http://www.visitnh.gov). The LRTA office is located just off exit 20 on I-93, Route 3 in Tilton, and can be reached by calling (800) 60-LAKES.



COURTESY

### GHS alum obtains real estate license

Congratulations to Tanya (Willis) Baldassarre on recently obtaining her real estate license. Baldassarre has joined the Keller Williams Realty Group. She is a graduate of Gilford Middle High School, married to Dan Baldassarre, and mother of two. She is a former Corrections Officer.

## Lakes Region of New Hampshire promoted at international travel shows

REGION — The tourism industry continues to be a driving force for the state of New Hampshire and to ensure there is constant flow of vacationers, participating in International Travel Shows

has proven to be time well spent for the Lakes Region Tourism Association. In 2017, the Lakes Region of New Hampshire, along with the White Mountains region will be represented at the following

shows: The shows are a combination of Consumer Shows and Tour Operator Shows where we conduct one on one schedules appointments with operators and travel writers.

SEE TRAVEL PAGE A12

## LRGHealthcare ICU recognized for top patient care

LACONIA — In the spring of 2015, the LRGHealthcare Intensive Care Unit (ICU) was selected among 69 adult ICUs nationwide to participate in a national quality improvement initiative called the ICU Liberation Campaign ABCDEF Bundle Collaborative. At the project wrap up meeting recently, LRGHealthcare was recognized as the top community hospital on the East Coast for performing spontaneous breathing trials (SBTs) in an effort to get patients off life support sooner, which has been shown to decrease patient mortality.

LRGHealthcare was also recognized as a top performer for engaging families in their loved-one's care with the goal of making them part of the healthcare team. Family involvement is an important component of helping patients get better quicker. For example, studies have shown that a family member can tell when their loved one is in pain better than the nurse and

doctor can.

The goal of the ICU Liberation Collaborative was to translate research into practice and improve patient outcomes in the critically ill. More than 100 peer reviewed publications support the inter-

ventions included in the ABCDEF Bundle in the ICU, but it had never been evaluated in a real-world setting on a large scale.

Each letter of the ABCDEF bundle represents an intervention. These

SEE LRGH ICU PAGE A12

## Local couple creates camp opportunities for Lakes Region children

LACONIA — John and Ursula Allen, brother and sister-in-law of the late Gary Allen of Gilford have partnered with Prescott Farm Environmental Education Center to create the Gary Allen Memorial Campership, a camp scholarship fund designed to reduce the cost of a week of Wild-Quest Camp at Prescott Farm for children whose families can't afford to give them a camp experience.

Gary Allen was a respected Lakes Region community member

whose commitment to young people was legendary. He was a much loved math teacher. He founded the Gilford Outing Club; and coached alpine skiing in the Laconia and Gilford schools. He served as the Assistant Chief of Competition for the 1980 Olympic Ski Jump at Lake Placid, N.Y. and the 1982 FIS World Championship Ski Jumping competition in Finland. In 1992, he was inducted into the US National Ski Hall of Fame.

John and Ursula Allen  
SEE ALLEN PAGE A12

## Business partnerships brewed to perfection.

Chris Swanson, Ashland Dunkin' Donuts franchise owner with John Swedberg, SVP, Commercial Loan Officer, Meredith Village Savings Bank.

As the independent franchise owner of the Dunkin' Donuts restaurant in Ashland, along with seven others throughout the region, Chris Swanson is passionate about providing guests with great service and high quality products... all with a local touch!

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**BROADWAY JR.**

(Continued from Page A1)

performed in front of a panel of judges. Harris talked about how the judges would be hard to read.

"I think another part of the stress when singing you would glance at them and they would have a straight poker face," Harris said. "Maybe you were good they would give you a sly smile."

Marshall said when auditions were over it was a huge weight being lifted off.

"It all happened so fast," Emma Tierno said.

She said she remembered she kept looking in a mirror before the audition.

"I got up, I sat back down, and realized what happened," Emma Tierno said.

Lily Tierno said this was a fun experience, but it was also stressful. She said it helped to know they were not going through it alone. Kenny said they are all friends and everyone was willing to help each other.

"It makes me so happy to see all my friends,

everybody here go up and audition," O'Connor said. "It feels so good to see them. I was so happy for everyone that tried out."

After the auditions were done and everyone came back to Gilford, it was time to play the waiting game before finding out they got in.

Kenny said it took a little longer than in previous years to get their confirmation emails. Many talked about how they all thought one day was going to be the day, but they still had to wait.

Finally the emails started rolling in. Kenny said all of them found a way to connect with the acceptance emails started going out. All of them learned they were accepted into the program.

"When you get in, the stress of waiting just flies off your shoulder," Osburn said.

Kenny said this wasn't just an experience of auditioning for a school production, this was for New York City.

"Being able to go and have everyone get in, I think, really says some-

thing about our theater program in Gilford," Kenny said.

Both Lily Tierno and Marshall said this has been amazing going from tiny roles to big roles like this.

"I've been dreaming since I saw 'Wicked' in third grade to be on Broadway and follow their footsteps," Uiker said.

Kenny said it is exciting to think they will be the first performers to do these shows before they go to schools across the country.

"We all have like a really strong passion for theater," Sasserson said. "It's really fun (when) all of us to go down together."

The kids will return to New York City this summer for their "Broadway Junior" shows.

Marshall, Uiker, and Harris will be in "Broadway Junior Review." Sasserson and Osburn will be in "Newsies, Jr." Emma and Lily Tierno will be in "Sister Act, Jr." O'Connor and Kenny will be in "Matilda, Jr."

**FIRE**

(Continued from Page A1)

Carrier reported that an insurance adjuster would be onsite the next week. Discussions would take place in the department about the future of the facility.

According to a recording of the March 8 selectmen's meeting, town administrator

Scott Dunn said the town's insurance company indicated they would give the town \$86,820 to clean up after the fire and replace the facility. They would receive a check for over \$56,000. If the work was completed within two years they would receive around \$29,000,

or else lose that money to depreciation.

On April 12, the board of selectmen held a public hearing to accept \$56,198.36 from the insurance company in unanticipated funds. The board voted unanimously in favor of approving the acceptance.

**MENDEZ**

(Continued from Page A1)

Horticultural Society," an honorary medal presented to outstanding horticulturalists, plant innovators, and those who have made significant contributions to the enjoyment and appreciation of plants and the environment." She has also received the honor of being elected as a Region 1 Director for the Garden Writers Association.

Mendez is a very much "in-demand speaker" for professionals, such as The Professional Landscapers School in Indiana, The West Virginia Nursery & Landscapers Association, the New Hampshire Landscape Association, and the Montana Nursery & Land Association Winter Expo, to name just a few. She has also spoken at horticultural societies, Master Garden Conferences in 15 states, the U.S. Botanical Gardens, and Longwood Gardens, as well as statewide gar-

den club conventions in New Hampshire, Maine, Maryland, and Virginia. This year, in May of 2017, she will be the keynote speaker at the National Garden Club Annual Convention in Richmond, Va. Mendez has presented programs at many garden centers and nurseries, including Churchill's Garden Center in Exeter.

She has written three top-selling garden books, "Top Ten Lists For Beautiful Shade Gardens," "The Ultimate Flower Gardener's Top Ten Lists," and "The Right Size Flower Garden" for which she has received "accolades" from The Chicago Sun-Times, The Sacramento Bee and others. A fourth book is scheduled for release in 2018. Copies of her first three books will be available for sale at the presentation on Thursday, May 4.

Opechee Garden Club hopes that you will join us for what

promises to be both an educational and an enjoyable evening. A quote from Bill Cullina, award-winning author and Executive Director Of Coastal Maine Botanical Gardens states, "Kerry Mendez has amassed a tremendous knowledge and expertise in horticulture, yet she is able to pass along this knowledge in a completely approachable way that feels more like a friendly conversation over the garden fence than a lecture. Her enthusiasm for flowers and gardening is truly infectious and her passion for sharing is boundless. In this complicated and overscheduled age, Kerry brings a simple, no nonsense approach that will show you how to have beautiful gardens without spending a fortune of time or money."1

This program is open to the public. Light refreshments will be served. A \$5 donation is requested.

**BIKE**

(Continued from Page A1)

mechanic Dana Farley said these are not motorcycles and not have a throttle, they are pedal assisted bikes with a motor that will kick in.

"If you have any kind of physical disability or challenge, as long as you can still balance a bike and ride," Farley said.

One of the bikes is owned by a local man in his mid-'70's who is using his bike to keep in shape.

Farley said the motor flattens hills for riders.

"It's still a good workout in economy mode going uphill," Farley said.

Bike mechanic Mark Johnson said motorized bikes are more common in Europe than the United States.

Piche's co-owner Pat Bolduc said the bikes

can go 28 miles per hour with the motor alone, though he has gone 45 miles per hour down the hill by the store with pedal assist.

"You're completely amazed when you hop on it," Bolduc said.

All of the bikes are powered with rechargeable, lithium ion batteries by Yamaha. Each battery can go 120 miles depending on the terrain. The batteries can be recharged by plugging into any standard outlet. The batteries can be removed from each bike with a special key.

Each of the bikes has a control panel. Riders can turn the motor off and use it like any other bike. They can use it in Economy Mode with only a little bit of power, normal mode, and sport mode.

"It's like a rocket ship; you pedal it, it takes right off on you," Bolduc said.

They also have a built in cyclocomputer to read time, distance, and speed.

The bikes are built in aluminum. They have hydraulic disk brakes along with standard derailleurs that can be serviced and replaced.

Prices for the bikes start around \$3,000 to \$4,500 depending on the type. The highest is \$7,700 for dual suspension. Piches' mechanics said they have regular road and mountain bikes that go for those prices and upward.

"Pricewise they are very competitive in the market," Bolduc said. "To have all these options is great."

**MARKETS**

(Continued from Page A1)

pay incentives to many brokerage firms who sell them called "revenue-sharing." You can see how you could end up with a portfolio made up of a bunch of stuff because that stuff benefits the brokerage firm and the broker, not the client. Brokers or a.k.a. financial advisors have not in the past been required to act in the client's best interest, but some legislation that has been delayed, but I believe still will happen, will hopefully force brokers from a "suitability" standard to a "fiduciary" requirement.

The problem with having a bunch of stuff in your investment portfolio, is that it has no plan. You could be approaching retirement and need to adjust your portfolio to protect your assets and potentially convert them to steady sustainable income. You may want to use modern portfolio theory to construct a low-cost portfolio of

low to non-correlated asset classes that may provide less risk and more return over time. The client must be able to look at their portfolio and understand it's true purpose and objectives.

*Mark Patterson is an investment advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.*

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**ANNE FRANK**

(Continued from Page A7)

Michael G. Baker, and Bruce Dunn. It is directed by Chris Slater, with assistant direction by Ray Dudley. Kim Dunn is the stage manager.

Continuing with the format of prior years, immediately following the performances a discussion between the performers and audience will take place to allow

people to share ideas and feelings about what they've just witnessed. Past discussions have had community members sharing personal stories and tears as well as expressing thoughts on anti-Semitism and the lingering effects of the Holocaust on Jews today.

The readings will take place on the main stage

of the Winnepesaukee Playhouse in Meredith. Tickets are \$10 per person and are available in advance at 279-0333 or winnepesaukeeplayhouse.org. This is an event for the entire community and the Temple and Playhouse encourage people from all walks of life and religions to take part in this event.

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## ALLEN

(Continued from Page A9)

len, both longtime volunteers at Prescott Farm, have applied their gardening skills and energy alongside a team of garden volunteers for 17 years, transforming the Prescott Farm property into a showplace with flower, vegetable, and herb gardens in bloom from late winter through fall. Through their garden work, the Allens have seen scores of area children attending Wild-Quest Camps at Prescott Farm discover where food comes from, sample the fruits and vegetables grown on the property, and create "eco-art-work," borrowing from the magnificent array of colors and textures that spill out of the gardens throughout the summer season. They love it when a camper says, "What is that?"

"We wanted to create the same opportunities

to learn, grow, and experience nature at Prescott Farm for Lakes Region children whose parents can't afford to send them to camp," said John Allen. "The Gary Allen Memorial Campership is our way of remembering Gary, and continuing his legacy of love for young people and the outdoors."

Registration for Wild-Quest Camps at Prescott Farm are currently open. Scholarship applications are available, and the early-bird registration deadline for summer camp is April 30.

Community members who wish to donate additional scholarship funds that will help create opportunities for Lakes Region children at Prescott Farm are encouraged to contact Jude Hamel, Executive Director by emailing [jhamel@prescottfarm.org](mailto:jhamel@prescottfarm.org) or by calling 366-5695.

## TRAVEL

(Continued from Page A9)

### Dublin Holiday World Show

– a four day consumer show with attendance of 50,000-plus

### Mid-Atlantic Travel Show in Iceland

– a two day travel trade event that educates buyers from Belgium, Germany, France, the Scandinavian countries, Netherlands, and the UK

### Destinations: The Holiday and Travel Show in London

– a four day consumer show feature NH information to more than 42,000 travel enthusiasts

### Japanese Sales Mission in Tokyo

– a five-day mission to visit leading Japanese tour operators and assist them with itineraries and promote the region

### ITB – International Tourism Bourse

– 60,000-plus consumers & trade representatives will attend this five day show for the travel & tourism industry in Germany

### Japanese Mission and Sales Calls – LA

– a targeted networking event to meet Japanese tour operators

### Discover New England Summit at Bretton Woods

– International tour operators attend this extensive event that targets those who arrange trips for tens of thousands of international travelers annually

### Japanese Mission and Sales Calls – NYC

– Japanese tour operators based in NYC will attend this targeted networking event

### International Pow Wow – IPW

– This major event will be held in Washington, D.C. for a collaborative effort to "Bring the World to America." The Travel Industry's premier International marketplace and largest generator of travel to the US Tour operators and buys from more than 70 countries.

### French Sales Mission – Brand USA – NHDTTD

– This French outreach will target those who bring travelers to the New Hampshire

The Lakes Region Tourism Association is dedicated to promoting and representing their 400 members through continually marketing outreach programs that include online, social media, traditional advertising and both domestic and international travel shows. The LRTA produces some 700,000 publications including their Map and

Guide and Where To guide. The organization provides a wealth of free travel tips and guides on their extensive website, [www.lakesregion.org](http://www.lakesregion.org). All are invited to sign up for the LRTA "Ripples" e-newsletter that provides details on special events, dining, attractions and lodging throughout the region. The affordable membership of \$299, makes national and global exposure possible for the many small tourism based businesses in the region. For more information on membership, visit [www.lakesregion.org/info](http://www.lakesregion.org/info).

## LRGH ICU

(Continued from Page A9)

interventions included improved pain management, spontaneous breathing trials on the ventilator (a form of life support), reduced sedative exposure, delirium screening, early physical therapy, and increased family engagement.

The LRGHealthcare ICU staff had patients up and walking while on the ventilator, started bedside rounds with patients' families and significantly decreased the use of a class of sedative medications known as benzodiazepines, which are known to cause ICU delirium and prolong time on life support. After 20 months of collecting data, the results are positive. The median length of stay in the ICU decreased from

five days to three days and for those same patients, overall hospital length of stay decreased from eight days to six.

Project leader and LRGHealthcare Pharmacist, Michael Smith, PharmD, BCCCP notes, "The project was truly a multidisciplinary project and would not have been a success without buy-in and involvement from the physicians, nursing, respiratory therapy, pharmacy, physical therapy, care management, quality, marketing, and administration. While the collaborative is officially over, we will need to continue to work to maintain our successes and improve upon what we have done."

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## SPORTS



BOB MARTIN

Colby Butterfield pitched in relief against Belmont High School.



BOB MARTIN

The Gilford High School softball team has had an up and down season, but their bats have been alive averaging more than 12 hits per game.

## Big bats lead the way in Gilford win

BY BOB MARTIN

Bob@salmonpress.news

BELMONT — The Golden Eagles softball girls have had an up and down start to the season, but they came out swinging against Belmont, handing the local rival their first loss of the season on April 19, 7-5.

Gilford's offense was on point with 13 hits on the day. They jumped out to an early lead scoring two runs in the first inning. Brooke Beaudet and Lexi Boisvert both singled and Jillian Lachapelle hit a double to score the

runners.

However, Belmont answered quickly by scoring a run in the first and another in the third inning to tie up the game 2-2. Gilford then went off for four runs in the fourth inning, with Kasey Moore reaching on a fielder's choice, Samantha Knowles walking and Lou Lacroix hitting a double to drive in the runners.

Beaudet was up with two outs and a 3-0 count and got the green light to swing. It paid off as she crushed a two-run homer over the center

field wall, giving Gilford a 6-2 lead.

Gilford added another run in the sixth inning. Colby Butterfield led off with a single, which was her first varsity hit. Nicole Berube came in as a pinch runner and was knocked in on a single by Boisvert.

Lachapelle took the win for Gilford giving up four hits and two runs. It was her first varsity win as a pitcher. Coach Joan Forge commended the work of Butterfield, who came into the game as a relief pitcher in the

fifth inning and got Gilford out of a bases loaded jam. She also had a key strikeout in the seventh inning to end the game as Belmont had the tying run at the plate. She gave up a hit and three runs over three innings.

Beaudet had a great day at the plate going 4 for 4 with a home run, two RBIs and two runs scored. Boisvert had two hits, one RBI and a run scored. Stevie Orton had a couple of hits including a double, Lachapelle had a double and two RBIs, Lacroix had a double,

two RBIs and a run scored and Samantha Knowles had a hit and a run scored. Butterfield and Taryn Breton had a hit each and Berube and Kasey Moore each scored a run.

Coach Bill Clary was very happy with how his Red Raider team played defensively, pointing to a "sweet double play" where catcher Jordan Lavallee threw a runner out trying to steal second, and then Mackenzie Donovan fired a throw back home to stop a runner from scoring.

Clary said Julianna

Estremera shined in the relief pitching role, coming in and pitching three shutout innings to end the game.

Estremera went 2 for 4 and Shannon Davies went 2 for 3 to lead the Raiders offense.

Clary said his team missed several key opportunities to score runs, which was the difference between a win and a loss.

"We left the bases loaded three innings, which I wasn't happy about," Clary said referring to the fourth through sixth innings.

SEE **SOFTBALL** PAGE B3



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Not responsible for typographical errors.



Cody Brodeur takes a big swing during a game against rival Belmont High School. He had the only hit on the day for the Golden Eagles.



Adrian Siravo rounds up a ground ball that made it to the outfield during a game against Belmont High School.

## Gilford baseball shut out by rival Belmont

BY BOB MARTIN

Bob@salmonpress.news

**BELMONT** — Coming off two consecutive big wins to open the season, the Golden Eagles suffered a pair of tough shutout losses last week, which was highlighted by a 7-0 loss to rival Belmont in a game where they were nearly no-hit by Belmont pitcher Cole Contigiani.

Contigiani pitched a complete game, one-hit shutout with 13 strikeouts and two walks on the game, which took place on April 19. This was his second stellar start, coming off of a no-hitter that the Red Raiders actually lost on an unearned run 1-0.

"He went out there and commanded all his pitches," said Belmont coach Matt Leblanc. "He kept he walks down. He kept the ball in the zone and pounded the zone all day. He was trusting his defense."

With 13 strikeouts on the day, Leblanc said this was a recipe for success. Leblanc said he has been very impressed by Contigiani's pitching this season, and while his last game was a no-hitter, he liked the outcome of this one much better. Contigiani said all his pitches were working for him, and when he feels like that, he just pitches hard and never lets up.

"It was great," said Contigiani. "One of my best starts for sure."

Contigiani admitted that the Red Raiders didn't start off the season as they would have hoped, with a pair of close losses, but he said

they came into the game against Gilford hungry for a win. However, he also knew that the Golden Eagles were no slouches.

"We knew coming into this game that they were a good hitting team," said Contigiani.

Contigiani also helped himself throughout the day, with a hit and a couple sacrifice flies. Leblanc said he got into some situations where all we needed was a fly ball and he produced twice in that way. Leblanc said this was a prime example of a productive out. Contigiani said there was no question about what he needed to do in this type of scenario: look for a ball to get under.

"Get it in the outfield," said Contigiani. "Get the RBI."

Contigiani had five RBIs to cap off his impressive all-around day.

Leblanc was impressed by the team's ability to tack on insurance runs at the end of the game, after a couple tight, low scoring losses to start the season. This included the 1-0 loss to Berlin and a 5-3 loss to Raymond on April 17.

"We were stealing some bases there, being aggressive," said Leblanc. "We are playing the way we are capable of playing for the first time, I think, this year."

He added, "Those guys worked hard. They earned that win today, for sure."

Leblanc said there were some defensive miscues that could have cost them during the game against Gilford,

but for the third game of the season they have shown progress. He said putting together complete games is the goal.

Leblanc said while the first two games were a letdown, he still feels good about the team this year. He said they need to continue to progress as a team, and he is confident looking forward. He said the team is loose and they don't let those losses get them down. He said they are here to play, here to win and are receptive to coaching.

"We know that it is early," said Leblanc. "We hadn't been outside a bunch, but not to make excuses. We didn't

do our job. We didn't play as well as we are capable of playing, so we write those games off as a learning process and then, hopefully, we can improve things we weren't doing well there. And I think we did today."

Leblanc had nothing but good things to say about Gilford High School's squad, saying they have great offense which was exhibited in a couple blow out wins to start the season.

Gilford coach Vint Choiniere said his team knew going into the game that they were facing a tough opponent in Belmont. He said they

lost the game by digging a hole early with a 3-0 deficit, making physical and mental errors and not being able to put the bat on the ball.

"3-0, you are certainly still in the game, but when you are facing a tough pitcher like that, the hole feels a little deeper," said Choiniere. "I thought he threw a great game against us. He mixed in his curveball very well. It was a sharp curveball. I felt we took too many fastballs that were a good pitch to hit. We just weren't aggressive enough at the plate, I thought, today."

Choiniere echoed the sentiments of Leblanc,

saying the team hasn't had too much live, outdoor batting practice, which made it especially tough to face a pitcher like Contigiani.

Overall, Choiniere said he felt good about the team so far.

"We faced a really good pitcher and a really good team today," said Choiniere.

Gilford followed up with a 15-0 loss to Stevens at home and 8-6 loss to Prospect Mountain. On May 1 they will travel to Inter-Lakes High School for a game at 4 p.m.

The Gilford High School baseball team now has a record of 2-3.

## Busy week for Gilford tennis girls

BY BOB MARTIN

Bob@salmonpress.news

**GILFORD** — The Gilford girls' tennis team had quite the busy week, with four consecutive matches being packed in before April vacation. The team went 2-2 during the week, with wins over White Mountains and Prospect Mountain.

On April 17 Gilford lost to Bow, 7-2. Number two player Reagan McIntire came away with an 8-1 win and the number one doubles team of McIntire and Sarah Fillion won in a tie breaker, 7-5.

The team bounced back with a 6-3 win over White Mountains the next day. Fillion and McIntire dominated and both won 8-0. Josey Curley and Hannah Lord both won 8-5.

The doubles teams of Fillion/McIntire and Curley and Olivia Salesky won with scores of 8-2 and 8-3.

Gilford suffered a close loss to Profile the next day, 5-4. Fillion and McIntire both won 8-5, Olivia Comeau won 8-2 and the doubles team of Fillion/McIntire won 8-2.

"Great rematch," said coach Hermann Defregger. "It came down to the last doubles."

In another close battle Gilford managed to squeak by Prospect with



Josey Curley swings during a match against White Mountains last week.



Olivia Salesky had a solid match against White Mountains with her doubles partner Josey Curley.

a 5-4 win. Defregger called it "a great match-up between two young teams." Fillion won 8-5 while McIntire won 8-1. Salesky won 8-6 and the pairing of Fillion/McIntire came away with an 8-4 win.

"A difficult but exciting week coming away with two wins and two losses, learning as we go," Defregger said.

The girls' tennis team is now 3-4 and their next game is at home against Moultonborough at May 1.

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BOB MARTIN

Natalie Fraser participates in the 4X100 relay race in a home meet last week.



BOB MARTIN

Michael Wernig tosses the discus on April 18.

# Track Eagles make home debut

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — The Golden Eagles track and field team was on their home turf on April 18, and coach Joe Wernig said it was another great day for the team.

"We had many athletes improve on their times and distances from the first track meet," said Wernig. "That is the goal of each athlete: to improve his or her performance and work toward qualifying for the Wilderness Mett and the Division 3 meet."

Marina Baer had a big day for Gilford, winning the shotput and the javelin with distances of 108 feet, eight inches and 30 feet, three inches re-

spectively. Also placing first was the girls' 4X100 team. The girls' 4X400 team was edged out by Belmont by 0.5 seconds, and the team took second place.

Madison Relf placed second in the 3,200 meters with a time of 14:22.31. Kaitlyn Callahan placed second in the 1,600 meters with a time of 6:02.18. Gilford runners did well in the 400 meters, with Natalie Fraser coming in second place with a time of 1:05.36. Lauren Dean came in third place with a time of 1:06.23.

Carly White placed third in the 800-meter dash with a time of 2:47.01

The boys' track team also made strides while competing at

home, with Michael Wernig taking second place in the discus with a throw of 109 feet. Connor Leggett was in third place in the 400-meter dash. Taking third place in the 1,600 meters was Mark Young.

"After the first two meets we already have five female athletes qualify in seven individual events," said Wernig.

Those who have qualified include Baer in shotput and javelin, Alliyah Oswald in javelin, Fraser in the 200 and 400 meters, Dean in the 400 meters and Callahan in the 1,600 meters.

"That is already more than we had in a long time," said Wernig.

For the boys' team, Sandor Gamache qualified in the 300 hurdles and triple jump events. Wernig has qualified in the discus. Wernig expects more to qualify in upcoming meets.

On April 22 the track teams competed at the Merrimack Valley Invite. Wernig said there were a number of top 10 finishes and personal records set against a field of Division 2 and 3 schools. Baer easily won the javelin with a throw of 119 feet. Dean also had a great day with a fifth place finish in the 400 meters and ninth place finish in

long jump. The 4X100 relay team placed seventh on the day.

Fraser was eighth in the 200-meter dash and ninth in the 400-meter dash. Oswald was 10th in the javelin. Achieving personal records on the day were Carly White and Callahan in the 800 meters, Chloe Schwartz in the 1,600 meters, Reese Clard and Erin Madden in the discus and Elizabeth and Madison Relf in the 1,600 and 3,200 meters respectively.

"A highlight of the day was seeing Aria Stephan return to last season's form in

the 800 after having knee surgery this past year," Wernig said.

For the boys, Wernig was in fifth place in the discus with a personal record of 113 feet. Leggett came in eighth place in the 300-meter hurdles with a time of 46.85. He qualified for the Division 3 state meet in May. Ben Altmire placed ninth in the long jump. Personal records were achieved by Max Stephan in long jump, Charles Purcell in discus and 1,600 meters, Cam White in discus and Riley Alward in the 100-meter dash.

## SOFTBALL

(Continued from Page B1)

"We couldn't get the timely hits with the runners on base. Last inning their right fielder made a spectacular play that saved them a run. If you don't get the hits when the runners are on, you can't score."

Clary said the matchup between Belmont is always a tough one. He said that they are a well-coached team and they earned the win.

On April 17, Gilford traveled to White Mountains and fell 7-3 in a game they knew was going to be difficult.

"Gilford gave a tremendous effort against White Mountains, the defending state champions," said Forge. "Pitcher Jillian Lachapelle held the Spartans to just two hits and one run over the first five innings."

White Mountains got on the board first with a run in the second inning on a triple and an error. Gilford scored first in the top of the sixth with an RBI single by Lachapelle. Breton, who singled earlier in the inning, scored the run.

It was tied 1-1 going into the bottom of the sixth inning when White Mountains scored six runs on four hits, including a home run, a triple and a double. However, Gilford continued to fight.

"Gilford didn't go

down quietly and scored two runs of their own in the seventh," said Forge.

The Golden Eagles led off the inning with back-to-back singles by Moore and Knowles, followed by a two-run double by Beaudet, but it wasn't enough to beat the defending champions. Gilford lost despite having eight hits compared to six for White Mountains.

Moore led the offense with a couple of hits, including a triple, and a run scored. Beaudet had a double and two RBIs, Taryn Breton had a hit and a run scored, Knowles had a run scored and Boisvert and Orton had a hit apiece.

Gilford also beat Laconia 15-3, picking up their second straight win.

"Gilford played flawless defense with zero errors behind sophomore pitcher Lexi Boisvert, who got her first varsity win on the mound," said Forge.

Boisvert gave up four hits and three runs over four innings. Butterfield threw an inning of relief, giving up no runs on no hits.

Offense was the strength against Laconia, with 12 hits. This gave them an astounding 48 hits in their first four games. Boisvert hit a two-run double in the second inning and Lachapelle had a home

run in the fourth inning. Moore hit a one-run triple in the fourth inning and a three-run homerun in the fifth inning to end the game due to the 12-run mercy rule. She had four RBIs and two runs scored.

Boisvert had three hits including a double to go along with two RBIs and three runs scored. Orton had two hits with two RBIs, two runs and two stolen bases. Breton had two hits, three RBIs and a stolen base. Lachapelle had the home run, two RBIs, three runs and a steal. Knowles had a hit and three runs scored. Beaudet had a hit, a run scored and a steal. NBERube rounded out the offensive surge with a run scored and two steals.

They also faced Prospect Mountain on April 22, losing 13-11. Once again the offense had plenty of hits, but couldn't score enough. With a young pitching staff, scoring is vital, Forge said. In the first five games of the season they have out-hit their opponents in each game. The offense was led by Boisvert, who went 4 for 5 with a home run and five RBIs.

The Golden Eagles traveled to Franklin High School on April 26 for their only game during April vacation.

Gilford now has a record of 2-3.

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — The Golden Eagles girls' lacrosse team is off to a 2-2 start, and coach Mike Normandin is happy with how the team has played thus far.

The team lost its first game on April 11 against Hopkinton by a score of 17-10 and then won back-to-back games against Coe-Brown Northwood and St. Thomas Aquinas 13-5 and 11-5 respectively. On April 21 they narrowly lost to Pelham 10-9.

"We played a pretty decent game, coming out quick with the first two goals against Pelham," said Normandin. "But then they changed our defense a lot. It was just an unbalanced squad because some kids were already on vacation."

Laurel Normandin

scored five goals that game for the Golden Eagles.

The Gilford coach was pleased with the game against St. Thomas Aquinas, saying they found their groove. Shelby Cole led the week with six goals.

He said possession is huge for the team, and they were on point that game.

"If we don't have the ball it is just tough," said Normandin. "We need to maintain possession."

Normandin said the team still has plenty of work to do, but they have a lot of talent and he is happy with the team's progress. He said the team is full of raw athletes, but some are inexperienced in playing lacrosse. He said he is happy with the team's work, but is by no means

fully satisfied.

"We are heading in the right direction," said Normandin. "We need to use people for what their strengths are and we will get some wins."

The boys' lacrosse team has lost three games straight after starting the season strong with a 7-2 win over Coe-Brown Northwood. They lost 9-3 to Milford, 12-2 to Hopkinton and 10-0 to Pelham. Coach Mike Robbs was very happy with the sole win they've had, saying his offense was patient around the net. He commended the work of goalie Ethan Ormes, who had 11 saves in their win. Scoring was provided by Ian McNeil and Brady Clark with a goal apiece, Nate Cobis with three goals and Josh Valentine with two goals.

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Great location and neighborhood! This new construction is ready for you to make your own. Located in Krainewood, this home is within minutes to Route 25, shopping & schools.

Kay Huston 603-387-3483

**Belmont, \$284,900 #4606070**  
Year round Winnisquam waterfront fun! 7 year young home, open concept living room, kitchen featuring plenty of storage and island seating. Windows span living room for wide views across the lake.

Linda Fields 603-244-6889

**Moultonboro, \$250,000 #4627752**  
Year round Suisseville chalet on a HUGE private 3+ acre lot with 7 year old 4 bedroom gravity fed septic system, hardwood flooring and new roof. First time on market in over forty years.

Jim Ramhold 603-455-6672

**Meredith, \$232,000 #4625726**  
MEREDITH NH great location with quick walk to Lake Winnepesaukee. Three bedrooms, two baths, finished lower level, fire pit, horseshoe pit, shed.

Bruno Coppola 603-244-9544

**Gilford \$169,900 #4628130**  
Lovely 3 BR condo that is close to town beach, shopping and Gunstock Ski Area. 2nd floor corner unit with private deck and patio.

Tracie Corbett 603-387-3457

**Gilmanston \$159,900 #4627628**  
Beautiful open concept, remodeled Ranch with beach rights. Relax on the spacious deck while looking at the water view.

Lucren Bouchard 603-455-2726

**New Hampton \$135,000 #4626942**  
Affordable waterfront in NH's desirable Lakes Region! A nice, compact one bedroom cottage with its own private waterfront and dock on beautiful Pemigewasset Lake.

Pam Toczko 603-520-6443

**Gilford \$113,900 #4627704**  
Turn-key 2 BR condo with loads of upgrades. New French doors lead to 2 large enclosed sunporches with Gunstock views.

Judy McShane 603-387-4509

**Meredith, \$112,000 #4619470**  
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**Moultonboro, \$23,000 #4627662**  
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[www.NewEnglandMoves.com](http://www.NewEnglandMoves.com)

**WASH YOUR HANDS!**  
IT'S THE BEST WAY TO STOP SPREADING GERMS

**WHEN**

- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

**HOW**

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
- USE WARM WATER AND SOAP
- RUB HANDS ALL OVER FOR A COUNT OF TWENTY
- DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB

**WHY**

- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE

New Hampshire Department of Health and Human Services  
Division of Public Health Services  
[www.dhhs.nh.gov](http://www.dhhs.nh.gov)



If your kids are a size...

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**Flu protection is recommended in sizes 6 months through 18 years.**  
The flu can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC, doctors, and other health care professionals recommend flu vaccinations for everyone 6 months and older.

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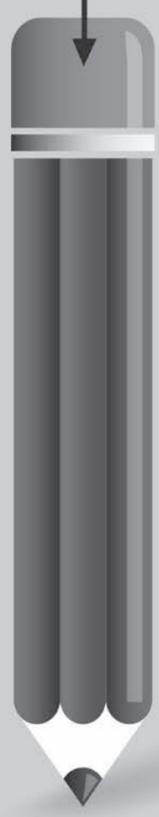
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# Golden Eagles continue rolling along

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — The defending state champion Gilford boys' tennis team continued its dominance by raising its record to 6-0 last week.

The team had a 5-4 win over Bow, 5-1 win over Profile and a 9-0 win over Prospect Mountain. The match against Bow was tight, with the teams splitting the six singles making it 3-3 going into the doubles matches. The Eagles took the win by winning two out of three doubles

matches.

Grant Workman led the way with an 8-0 win. Christian Workman won 8-2. Tyler Hanf won his match 8-1. In doubles, the pairing of Grant Workman and fellow co-captain Connor Craigie won 8-4. The number two doubles team of Christian Workman and Hanf clinched the win with an 8-4 win.

The team traveled to Profile and took home the win in a rain shortened match. Singles wins were by Grant Workman, 8-0, Kyle Davies, 8-4, Alden Blais,

8-0, and Donny Searle, 8-2. Grant Workman/Christian Workman won the top doubles match, 8-1.

They traveled to Prospect Mountain to end the week and swept the singles matches with Grant Workman leading the way with an 8-0 win. Davies won 8-4, Blais won 8-0 and Searle won 8-2. The doubles wins went to Workman/Craigie with an 8-0 game, Searle and Brendan Bergman with an 8-5 showing and Ethan Warren and Colton Workman winning 8-3.

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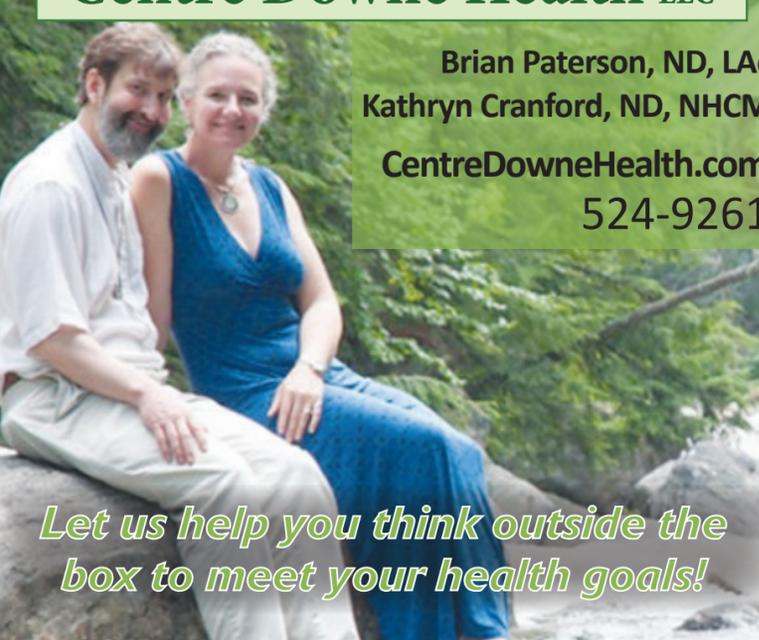
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