

Gilford Steamer

THURSDAY, JUNE 29, 2017

GILFORD, N.H. - FREE

Local goods on sale at Gilford Farmer's Market

BY ERIN PLUMMER
mnews@salmonpress.news

Fresh produce, baked goods, hand made crafts, and so much more can be found at the Gilford Farmer's Market for its new summer season.

The Gilford Farmer's Market started its third season last Saturday and will be open every Saturday until Old Home Day. The summer market is sponsored by the Thompson-Ames Historical Society and proceeds from ven-

дор's fees go toward the restoration of the Benjamin Rowe House. Thompson-Ames Society's Education Coordinator, Kathy Lacroix, said a total of 16 vendors have signed up to be part of the this year's market with a wide variety of locally produced products.

Over the winter the Gilford Youth Center and the Gilford Community Church sponsored the Winter Farmer's Market with vendor fees going towards the GYC. Lacroix said the society



Stephanie Houle of Four Seasons Garden Kitchen.

ERIN PLUMMER

someone comes to buy local produce and crafts they're helping themselves, local farmers, and they're helping the historical society," Lacroix said.

Andrea Murray of Gilford makes quilted insulated potholders and hotpads as well as table runners, wall hangings, and placemats for her business Andrea's Quilted Kitchen Necessities. She said she sells a lot of items with images of animals like cats and loons; her biggest seller is frogs doing yoga.

"It's been really rewarding, I get so many compliments," Murray said. "It keeps me interested to keep sewing."

Murray started at the winter market.

"Everyone was so nice and so helpful," Murray said.

She said she loves the market, saying the location is beautiful and everyone has been so friendly.

Master Gardener SEE MARKET PAGE A12

Work on Rowe House to begin this year

BY ERIN PLUMMER
mnews@salmonpress.news

After extensive fundraising efforts and contractor complications restoration work on the historic Benjamin Rowe House is slated to begin later this year.

The house is owned by the town and managed by the Thompson-Ames Historical Society. The building needs a number of repairs; phase one will replace the cedar shingle roof, repair the chimneys, repoint the gables, and repair exterior damage.

The society has been working to raise money for the restoration. The biggest fundraiser has been the Gilford Farmer's Market on the Rowe House Grounds with vendor fees going toward the project.

Carol Anderson wrote a grant to LCHIP seeking funding for the project, especially to fix the roof. LCHIP granted the project \$26,000 towards the roof with the historical society responsible for raising the other half of the funds.

Kathy Lacroix, Education Coordinator for the Thompson-Ames Historical Society, said they have raised the majority of those funds. The society has put in a significant amount of their own funds as well as \$4,000 raised from vendor's fees for the market.

Finding a contractor to work on the roof has been an arduous process. The town sought to hire a contractor qualified to work with historical cedar shingling and whoever did the project had to be approved by LCHIP because of the grant.

"It really has been a hassle to get someone who was qualified," Lacroix said.

SEE ROWE HOUSE PAGE A10

was "very pleased" with the winter market.

"The Thompson-Ames wants to be part of the community and the Gilford Youth center is definitely part of the community," Lacroix said.

Lacroix said a few

vendors who started at the winter market came back for the summer one.

The historical society itself sells Brother's Donuts and coffee from Woodshed Coffee Roasters provided by Kitchen Cravings. Lacroix said by the middle

of Saturday's market they had sold around two dozen donuts and only had two pots of coffee left.

Lacroix said she got all her Christmas shopping done at last year's market.

"I try to make a point of the fact when

Fun and learning at LetGO Robotics Camp

BY ERIN PLUMMER
mnews@salmonpress.news

Boxes of Legos could become robots, cartoons, and ways for kids to learn a number of different STEM skills during LetGO Your Mind Robotics Camp.

LEtGO Your Mind Lego Robotics camp took place this past week at Gilford Middle School through the Parks and Recreation Department. From Monday through Friday kids came to GMS to take part in two different camps based on age group, all aimed at building Lego robots and creating stop motion animation.

LEtGO camps take place throughout New Hampshire, Massachusetts,



Teacher Justin Wolbert, Regional Director Eric Penniman, and counselor Marc Tessier worked with local kids this week during LetGO Your Mind Robotics Camp.

ERIN PLUMMER

sets, and Vermont and teach STEM concepts to kids between the ages of

four and 14. This year, kids ages five and a half through nine took part in "Build it BIG: Superstructures, Motorized LEGO Cars & Stop Motion Animation" as kids nine and a half to 14 did "Build it BIG: EV3 Robots, Minecraft & Stop Motion Animation."

LetGO Regional Director Eric Penniman said the concept started small, though has significantly grown.

Each session starts with a period where kids will build whatever they want with tubs of Legos.

During camp kids will build robots and SEE ROBOTICS PAGE A10

Early deadlines for the 4th

MEREDITH — The offices of the Gilford Steamer, located at 5 Water St. in Meredith, will be closed Tuesday, July 4 in observance of Independence Day.

To ensure that our July 6 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up to Friday, June 30 at 4 p.m. Submissions can be dropped off at our offices or e-mailed to Editor Brendan Berube at brenndan@salmonpress.news.

Any submissions received after 4 p.m. on the 30th will be held for publication on July 13.

For information regarding the holiday deadlines for display advertising, please contact our Sales department at 279-4516.

The staff of the Gilford Steamer thanks our readers for their cooperation with these changes in our usual submission schedule, and wishes everyone a safe and happy Fourth of July.



Volunteers pack lunches for kids in need at the start of another summer season for Gilford Got Lunch.

ERIN PLUMMER

Gilford Got Lunch starts another season

BY ERIN PLUMMER
mnews@salmonpress.news

Monday mornings at the Gilford Youth Center are once again busy with volunteers

packing food and delivering lunches to children in need for another season of Gilford Got Lunch.

Got Lunch provides

a week's worth of lunches to kids in Gilford and Gilmanton throughout the summer who might not otherwise SEE GOT LUNCH PAGE A10

GILFORD POLICE LOG

The Gilford Police Department responded to 351 calls for service and made the following arrests during the week of June 19-26. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

Andrew Cao, age 20, of Gilford was arrested on June 19 for Simple Assault; Physical Contact or Bodily Injury.

Christopher L. Leverault, age 39, of Laconia was arrested on June 19 for Operating with a suspended or revoked license.

Christopher J. Sirois, age 19, of Bethlehem was arrested on June 20 for Unlawful Possession of Alcohol and Public Intoxication.

A 21-year-old male from Conway was taken into protective custody for intoxication on June 20.

A 21-year-old female from Lee was taken into protective custody for intoxication on June 20.

Melissa Park, age 42, of Brookline was arrested on June 21 for Domestic Violence; Simple Assault; Physical Contact.

Cynthia Dehart, age 51, of Gilford was arrested on June 21 for Conduct After an Accident and Driving After Revocation or Suspension.

Kimberly A. Dombroski, age 19, of Derry was arrested on June 22 for Unlawful Possession of Alcohol and Public Intoxication.

A 24-year-old female from Pelham was taken into protective custody for intoxication on June 22.

Kylie E. Morel, age 19, of North Conway was arrested on June 23 for Unlawful Possession of Alcohol and

Public Intoxication.

Calyn E. Drew, age 19, of Barnstead was arrested on June 23 for Unlawful Possession of Alcohol/Intoxication.

A 21-year-old female from Epsom was taken into protective custody for intoxication on June 22.

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

A juvenile, age 16, was arrested on June 22 for Unlawful Possession of Alcohol/Intoxication.

A 27-year-old female from Amesbury, Mass. was taken into protective custody for intoxication on June 23.

A 22-year-old male from Somersworth was taken into protective custody for intoxication on June 22.

Two 23-year-old fe-

males from Franklin, Mass. and Cranston, R.I., respectively, were taken into protective custody for intoxication on June 22.

A 26-year-old female from Gilford and a 27-year-old male from Sunapee were taken into protective custody for intoxication on June 22.

A 26-year-old female from Manchester was taken into protective custody for intoxication on June 22.

Jenna M. Chesley, age 22, of Rochester was arrested on June 23 for two counts Simple Assault-Physical Contact or Bodily Injury, Disorderly Conduct, and Resisting Arrest or Detention. A juvenile companion of Chesley's was arrested during the same incident on two counts of Simple Assault-Phys-

ical Contact or Bodily Injury, Resisting Arrest or Detention, Disorderly Conduct, and Criminal Mischief.

A 22-year-old female from Meredith was taken into protective custody for intoxication on June 22.

A 45-year-old female from Greeley, Colo. was taken into protective custody for intoxication on June 23.

A 22-year-old female from North Anodver, Mass. was taken into protective custody for intoxication on June 23.

David Eugene Lemay, Jr., age 43, of Gilford was arrested on June 25 for Theft By Unauthorized Taking or Transfer (Larceny).

Benjamin G. Waite, age 20, of Gilford was arrested on June 26 for Willful Concealment and Theft.

MARK ON THE MARKETS

Tax diversification with benefits



BY MARK PATTERSON

Most of us would agree diversification is a good thing as it relates to our investment mix but also as it relates to our income as we approach retirement. In all likelihood the tax code will change during our lifetime, so the ability to switch from least to most tax advantaged income sources as possible is a worthwhile goal.

Tax free income can come in the form of a Roth IRA. You would not have had a deduction from taxes when you put the money in and likely would have paid tax on that income when received, but then the money could grow and after 59 and a half could provide tax-free income. While this is a great tool for

retirement savings, it is not without limitations.

The maximum that you can contribute depends on your modified adjusted gross income. The Roth like other retirement vehicles does not allow, without penalty, for a withdrawal before 59 and a half under most circumstances. But what if there was a way to save for retirement that would not limit how much you could save annually while providing tax-free growth and future tax-free income? There is a financial tool that has been used for many years, but has recently, for a host of reasons, come back into vogue. That financial tool is maximum-funded life insurance.

For certain clients, this can be a powerful tool to amass income that can later be loaned back to yourself, tax free through the loan provisions of the policy. The insurance company uses the death benefit as collateral against the loan. Loans prior to 59 and a half are not penalized as with qualified plans. These loans also may not affect Social Security

benefits.

For clients near retirement or in retirement, assets accumulated may be used for legacy planning.

Structuring a policy to focus on accumulation as opposed to face amount or death benefit will often times increase the accumulation of cash to be distributed as a loan.

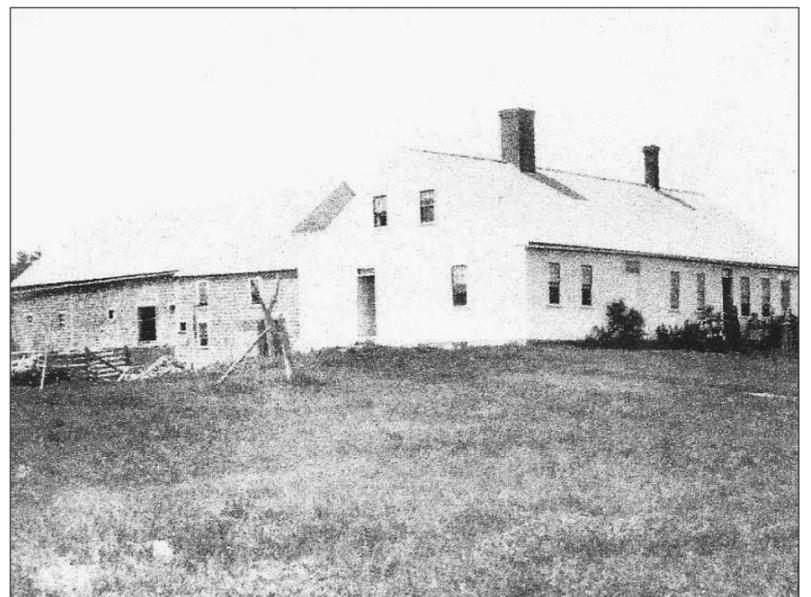
Because everyone's circumstances are different, life insurance as a financial tool may be exactly what you were looking for, but may not have considered it because of radio and TV personalities that try to convince their audience that anything other than "term" insurance is not good. You must also qualify medically, but if you do there are a bunch of other "living benefits" that are available with many of these policies.

Reviewing some of the better companies Indexed Universal life policies, I have discovered that many IUL's have a better IRR or Internal rate of return than some mutual funds net of fee's plus a death benefit to your heirs!

To paraphrase Darwin; It is not the fittest or strongest that will survive, it will those who can adapt to change. Life insurance is an asset class that should not be ignored.

Many things that have worked in the past must be reviewed with an open mind towards changes for the better in a changing environment. Tax rates and policy will continue to change, we must find ways of mitigating these increases.

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



COURTESY

This is just one of the four homes on this year's Central NH VNA and Hospice Home and Garden tour Wednesday, July 12, from 10 a.m. to 4 p.m.

Revolutionary War era home on Home and Garden Tour

WOLFEBORO —

You will turn back the clock when you step into this charming two-story farmhouse built around the time of the Revolutionary War. This is just one of the four homes on this year's Central NH VNA and Hospice Home and Garden tour Wednesday, July 12, from 10 a.m. to 4 p.m. Tickets for the tour are \$40 and may be purchased at Black's Paper and Gift Store located at 8 South Main St. in Wolfeboro or at the main office of Central New Hampshire VNA & Hospice, 780 North Main St., Laconia. Special arrangements may also be made by calling the Wolfeboro Hospice office at 569-2729. An optional \$15 luncheon ticket is also available. This year's luncheon will be held at O'Bistro at The Inn on Main and tickets must be pur-

chased in advance.

One of the original homes in Wolfeboro, the house when built was just two rooms wide with a half-story above. Almost one hundred years later two dormers were added to the upstairs half-story creating lighter, more usable space and bringing the total rooms in the house to twelve. The farm was the sixth house built in Wolfeboro and originally consisted of 100 acres that ran down to the lakeshore. It was used as a farm until the mid-1930's. An 80-foot-long detached barn dates from the late 18th Century. A rear addition was added in the mid-19th Century and the back-barn connector was rebuilt in 2008. Upstairs in the back barn is a rustic 1,500 square foot library. The downstairs houses an evaporator and chimney used annually for a maple sugar operation. Many of the original features of the home remain including the beamed ceilings, paneling and wainscoting. The kitchen and downstairs office have tin ceilings dating from the 1869 construction. A visit to the beautiful

vegetable and flower gardens outside is a must.

On Saturday mornings leading up to the tour, members of the Hospice Advisory Committee will be at Harvest Market in Wolfeboro selling Dine Around Raffle Tickets. More than 50 area eating establishments have donated certificates to this popular raffle. All proceeds from the raffle, luncheon and tour go toward supporting the financial needs of the hospice program within Central NH VNA & Hospice. Members of this year's tour committee are: Anne MacLellan, Chair, Shirley Richardson, Hospice Advisory Committee Chair, Ann Bastis, Hostess Committee, Laura Spellman and Maureen Sherback, Dine Around Raffle Committee, Barbara Lobdell, Publicity, Brooke Docter, Treasurer, John and Peg Mangiello, Parking Committee and Jen Legassie, Hospice Director. For more information about hospices services, contact the Branch Office in Wolfeboro at 569-2729 or the Corporate Office in Laconia at 524-8444.

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Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

Challenger British Soccer Camp

The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 10 – July 24 at the Gilford Village Field. This camp offers a three-hour program for children ages six to 12 and a one and a half-hour program for children ages 3-5. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at www.challengersports.com.

Cost: \$126 for ages six to 12 and \$94 for ages three to five

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

Archery lessons

The Gilford Parks and Recreation Department is sponsoring a four-week session of Olympic Archery instruction, to be led by certified archery instructors from Archery In Motion. This program will be held on Tuesday afternoon/evenings from July 11 – Aug. 1 at the Arthur A. Tilton Ice Rink. The Beginner session will run from 4-5 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages seven years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department website at www.gilfordrec.com. Priority will be given to Gilford Residents.

Cost: \$65 per person, and includes all necessary equipment; you may also bring your own equipment (with approval by instructor).

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

Senior Moment-um Walter's Basin/ Explore Squam Lake Boat Tour on Monday, July 17!

The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um Program on

Monday, July 17. Participants will meet at the Gilford Town Hall at 10:45 a.m. to carpool to Holderness to enjoy a lunch at Walter's Basin Restaurant, followed by a 90 minute boat tour of Squam Lake. The cost of the boat tour is \$20 per person and will be collected from everyone in advance at the Town Hall. Participants are responsible for the cost of their own lunch. All participants must RSVP with the Parks and Recreation Department no later than Thursday, July 13.

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

Sciensational workshop for kids! "Arcade Electronics Galore!"

The Gilford Parks and Recreation Department is Sponsoring a workshop through Sciensational Workshops for Kids for children ages 7-12, from 9:00 a.m. – 4:30 p.m. on Aug. 14 and 15. Participants will build and play their own arcade games and more. You will have at your disposal, resistors, switches, wires, LED diodes, transistors and more. You will program the spinning light fan to display different sayings. Build and play a

Home Run Derby game. See who gets the most home runs before getting 10 outs. A winning song will cheer. Build circuits to test your memory. Build an electronic circuit that plays the card game 21. You can learn to program the circuit board to emit different funky sounds. Play with the disco ball, sirens, or a light show. Learn the effects of the different electronic components. Learn what amps, volts, resistance and power are. Yes, this is Sciensational Workshops learn by doing. That is STEM. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com

Cost: \$137 per participant

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

Old Home Day Committee accepting sponsor forms and parade applications

The Gilford Old Home Day Committee is currently accepting Sponsorship Forms to have your name listed in the Old Home Day Program Booklet and Parade Applications for the Old Home Day Parade to be held on August 26th.

These forms are available at both Bank of New Hampshire locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation Web site at www.gilfordrec.com.

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

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.



COURTESY

Gabriel Ungureanu of Pelham (pictured left) winner of the 2017 Laconia Rotary Charity Raffle is congratulated by Craig Sikoski (center) of the Laconia Rotary Club and Ray Defelic, Sales Manager of Heritage Harley Davidson in Concord as he picks up his new Harley FLHXS Street Glide.

Laconia Rotary Club announces winner of the 2017 Harley Raffle

LACONIA — Congratulations to Gabriel Ungureanu of Pelham - the winner of the Laconia Rotary Club's 25th Annual Bike Week Charity Raffle and proud owner of a new 2017 Harley-Davidson FLHXS Street Glide. In front of an anxious crowd at the Weirs, La-

conia Police Chief Matthew Canfield pulled the winning ticket on Sunday afternoon, June 18 from the 2,587 tickets that had been sold.

The motorcycle was presented to Ungureanu by Craig Sikoski, Chair of the Laconia Rotary Motorcycle

Committee, at the Heritage Harley Davidson dealership in Concord.

Sikoski commented, "It was great to present the motorcycle to someone who was so excited to have won. This year's raffle was very successful. Laconia Rotary thanks the many people who purchased tickets for their support of the raffle and the work that Rotary does."

Sikoski continued, "Ungureanu was thrilled to learn that he had won this motorcycle. He is a rider, but this is his first Harley and he plans to purchase a second seat for his wife. He bought the winning ticket (#2215) at the Weirs Rotary booth on the first Saturday of bike week, SEE RAFFLE PAGE A10

Put yourself in the spotlight with a Gilford Steamer Selfie!

Here at Gilford Steamer, we believe that each and every one of our readers has a unique story to tell, and we want to give you an opportunity to share yours with a Gilford Steamer Selfie!

Tell us a little about yourself by responding to the following questionnaire and submit your answers to us at steamer@salmonpress.com, along with a "selfie" (or self-taken photo), and let us put you in the spotlight! We will choose one "Selfie" each week for publication, so be sure to read the paper regularly because yours might be next!

The Gilford Steamer Selfie profile

Name:

Occupation:

I live in:

Family (Are you married? Do you have children?):

Pets:

How long have you lived in the area?

Do you have a favorite food?

What is currently your favorite TV show?

What is your favorite travel destination?

What's the best part about your town?

Who has been the greatest influence in your life?

Who is your favorite musical artist?

What is the greatest piece of advice you have ever been given?

Favorite Sports team:

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Pet of the Week: Grover



Most cats are scooped up quickly once we at New Hampshire Humane Society have rehabilitated them and placed them on the Adoption Floor. Grover, an abandoned Laconia stray was in particularly rough shape suffering from the scrapes and results of fisticuffs on the streets by other cats.

He had to have been an owned cat at some point in his life, but ended up fending for himself – which is not something most former housecats can adopt to very well. Poor Grover, he arrived under police escort with horribly matted fur, and injuries from trying to defend himself outside. His long black and white fur was just a mess, matted and filthy. So disheveled was he that the best bet was to give him a

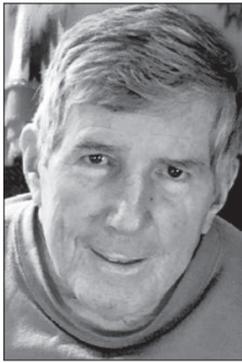
'kitty makeover', the so called Lion Cut, thus freeing him from that mantle of bedraggled, allowing him to grow a new luxuriant coat.

Grover is affection personified. He'd love to be your confidante, he will keep your secrets. Given his harrowing road experiences, he'd rather not share a home with a dog, or other cats, but he is big enough to totally fill your heart with love and your home with feline companionship.

June is ADOPT A SHELTER CAT Month! Our man Grover is the fourth in the series of showcased cats we'd love to see in permanent loving homes. Come and visit this big boy today www.nhhumane.org for more details.

NORTH COUNTRY NOTEBOOK

In a railroad family, you always try to find any excuse to take the train



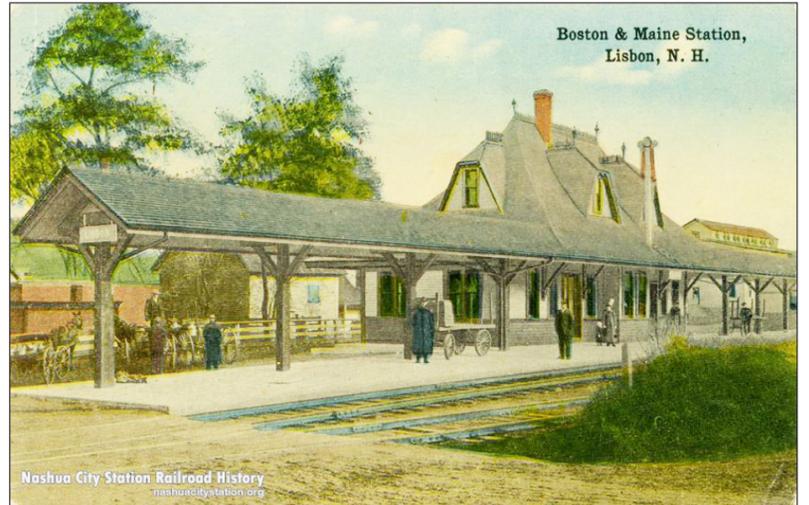
By JOHN HARRIGAN
COLUMNIST

On Sundays, like most families, we call around to exchange news, and in consideration of the Sands of Time, reassure ourselves as to who's still on the right side of the sod.

My father's brother, Uncle Carl, is 93--a World War II vet--and lives in an assisted living community between Portland (Maine) and the sea. We call each other more than just on Sundays, and each call is special in its own way. Sometimes we talk about circuses.

On this particular week talk turned to railroading. Carl's father, my grandfather George C. Harrigan, of Lisbon, was a 47-year man for the Boston & Maine, beginning as a track worker ("gandydancer," in the parlance of the times) and ending up as a section foreman, quite a step up in the day.

Railroading came up because my uncle, whom I call Uncle Fudd, had a visitor that day, the son of a visiting therapist. This boy's father commutes to Boston each day, and



COURTESY

The Lisbon railroad station back in its heyday, probably around the 1920s.



COURTESY

The Lisbon station now, its life preserved by a dedicated consortium of area citizens. My grandfather Carl laid some of the tracks, ca. 1948, recently torn up in the foreground.

of course, being an inveterate railroad guy (I've taken trains all over the continent, and the world), I asked Uncle Fudd whether he commuted on the justly famed Downeaster. "I don't know," was the answer, but I'll bet he'll find out between that call and the next.

I've ridden the Downeaster several times. It is clean, quiet,

fast (80 m.p.h.), smooth, and most always on time. There must be hidden problems, but I can't fathom why anyone who commutes from Portland to Boston doesn't go by train, thereby avoiding (a) the hassle of driving, which in this age of declining road manners and safety rules can be pure hell on wheels, and (b) parking fees, which in Bos-

ton can be out of sight.

On the train the seats are spacious, to say the least, and you can get up and move about, say, to the Snack Car, and can sit in a booth with a table and spread out your newspaper, or work at your seat with a fold-down tray and free wi-fi.

Well, okay, there's the cost of riding the Downeaster on a reg-
SEE NOTEBOOK PAGE A11

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Thoughts from the Thrift Shop

News from the Gilmanton Community Church Thrift Shop and Food Pantry

The Gilmanton Food Pantry is currently collecting items for its annual Yard Sale to be held on Saturday, July 15 from 8 a.m. - 2 p.m. Be sure to save the date.

We will gladly accept most items that you may wish to donate. However, we cannot accept electronics, media including tapes, CD's, DVD's and books or mattresses. All

items need to be in good condition, no missing pieces or parts and in working order.

Proceeds from this yard sale support the Food Pantry. You may bring donations to the Gilmanton Food Pantry during open hours, or if you need assistance, please contact Barbara Reed at 556-9449 or the Food Pantry at 364-0114.

Please leave a message with a call back number.

Gilmanton Food Pantry & Thrift Shop is an outreach program of the Gilmanton Community Church.

Hours: Wednesday, 3-6 p.m. and Saturday, 10 a.m.-2 p.m.

Telephone: 364-0114.
Location: 1817 Route 140, Gilmanton Iron

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Parking & Entrance: Gilmanton Community Church Parking Lot. Look for a sign that says Harvest Bible Church.

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

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Strategies for Living

BY LARRY SCOTT

Talk of unsung heroes, outstanding men who were largely ignored and soon forgotten, and Joseph, Jesus'

stepfather, goes to the top of my list. The last we hear of Joseph is in the Gospel of Luke, chapter 2, where we read that Jesus' "fa-

ther" was present on a journey the family made to Jerusalem when Jesus was 12 years old; even then, Joseph is not named. That's it! We never hear of him again, not even as to his death.

Much has been made of Mary, and rightly so. She was a special woman given a role second to no one else in the annals of history. We can only imagine what a moving experience it must have been the first time she realized she was holding God in her hands!

But she was not

alone. For Joseph, also, it was an awesome responsibility. As head of family, it fell to Joseph to give Jesus the stability and the security He needed as a child. During His teen years, he watched as Joseph managed the affairs of their home. Jesus' understanding of truth and honesty, self-discipline, morality, respect for authority, and godliness were all influenced by what He observed in the man He called, "Dad." He watched as Joseph responded to the frustra-

SEE STRATEGIES PAGE A10



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Gilford Community Band Independence Day Sing-Along On July 5

Mark your calendars for the second Gilford Community Band Summer Concert on Wednesday, July 5. This Independence Day celebration will be at 7:30 p.m. at the Weeks Bandstand in Gilford Village. In case of inclement weather, the concert would be at the Gilford H.S. Per-

forming Arts Center. Not only will there be Patriotic Songs, but attendees will also be treated to that favorite American dessert, strawberry shortcake.

Once again, Gilford Elementary Music teacher, Rachel Auger, will be the guest conductor as Lyvie Beyrent is still on assign-

ment for "The Rocky Horror Show" at the Winnepesaukee Playhouse.

There will be an opportunity for the audience to sing Patriotic lyrics along with the band. Lyrics will include "O say can you see, by the dawn's early light..."; "O beautiful for spacious skies...";

"While the storm clouds gather far across the sea..."; Mine eyes have seen the glory of the coming of the Lord..."; and "My country tis of thee..." For those who are unfamiliar with all of these lyrics, handouts provided by the Thompson-Ames Historical Society will be available for people to

participate.

The Thompson-Ames Historical Society will also continue its Independence Day tradition of strawberry shortcake. Fresh strawberries, vanilla ice cream, and homemade shortcake! Something that is not to be missed!

By the way, the titles of the lyrics (in a different order) are

"The Battle Hymn Of The Republic", "Star Spangled Banner", "America," "God Bless America," and "America, The Beautiful." Can you match them!

So be sure to attend this Patriotic Concert on July 5 as we honor the birth of the United States. For additional information, please contact Lyvie Beyrent at lbeyrent@sau73.org.



COURTESY

Celebrate the holiday at Gunstock craft fair

Celebrate the holiday weekend on July 1-2 at the fabulous Gunstock Craft Fair on Saturday and Sunday, 10 a.m. to 4 p.m.! There will be more than 80 exhibitors! Special features will include an Alpaca Exhibit, soy candle demonstration, leather crafting demonstration, face painting for children & adults, and jewelry making! Musical entertainment will include: Rockin Daddios on Saturday, Paul Warnick on Sunday, and Tim Janis Music all weekend! Some of the art & craft exhibits will include fabulous wooden furniture, primitive wood & soft sculpture, American girl doll clothing, award-winning pressed floral art, handpoured soaps & lotions, New Hampshire maple syrups, handpainted items, gourmet dip mixes, quilts, soy candles, outstanding photography, crystalline pottery, fine jewelry, essential oils, historical names framed, and much more!!! Leashed, friendly pets welcome - Always Free Admission & Free Parking to the Craft Fair - Food - Kettle Corn - Homemade Fudge - For more information, call Joyce, 528-4014, or visit www.joycescraftshows.com. Outside rain or shine under canopies! Located next to Gunstock's Adventure Park! See you there!

"Meet John Doe" on LRPA this weekend

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (June 30 & July 1) for this week's "LRPA After Dark" encore presentation of 1941's romantic comedy "Meet John Doe," starring Gary Cooper and Barbara Stanwyck.

In "Meet John Doe," the viewer is introduced to columnist Ann Mitchell (Stanwyck), who has been laid off from her newspaper due to budget cuts. In her last act at the paper, Ann composes and prints a fake letter in her column from an anonymous, down-on-his luck man who threatens to jump from the roof of City Hall on Christmas Eve as a protest against the mistreatment of the little man and continued societal injustices. She signs the letter "John Doe." The column becomes a sensation, selling papers and creating loads of interest from the public. Everyone wants to meet John Doe! The editor is delighted with the sensation that the column has created, but is dismayed when Ann reveals that the story is bogus. The two decide

to hire an unemployed man to impersonate John Doe, eventually settling on Long John Willoughby (Cooper), a former baseball pitcher whose bad arm has forced him out of the game and into hard times. He is kind, quiet and a bit naïve: just the man for the job. John Doe's story and popularity begin to spread, and local "John Doe" political clubs begin to spring up around the country. At first, Willoughby enjoys the attention and perks that come with being John Doe, but soon starts to see that many people want to use him for their own benefit. The newspaper's publisher, D.B. Norton (supporting actor Edward Arnold), wants to use Doe's popularity to run for political office. When Willoughby realizes what's happening, he faces a moral dilemma:

should he expose Norton and condemn his plan? If he does so, what happens to his own credibility and his future?

Directed by Frank Capra, "Meet John Doe" is considered to be one of the director's finest films. The plot's concerns were a favorite of the director: how does an ordinary man make his way, against all odds, in a difficult situation? Film historians see this movie as the final film in Capra's trilogy about American Individualism, the other two be-

ing "Mr. Deeds Goes to Town" and "Mr. Smith Goes to Washington." It is Capra's powerful indictment of the dangers of Fascism and "group think." "Meet John Doe" was huge success with movie goers and critics alike. It was one of the top grossing films of the year, and helped to cement Gary Cooper's status as a film legend. Maybe you've never had the pleasure of seeing "Meet John Doe." If that's true, then meet us on the couch, grab your popcorn and join

SEE JOHN DOE PAGE A11

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Thomas Joseph Cunningham, 79

Thomas Joseph Cunningham, 79, of 50 Scenic Drive, also of Largo, Fla., died Thursday, June 15, 2017 in his home after a long illness.

He was born on Jan. 22, 1938 in Buffalo, N.Y., the son of the late Murry J. and Jeanette (Morlock) Cunningham. Thomas was a 1959 graduate of the US Coast Guard Academy, and served as a Lieutenant in the Coast Guard for a number of years. Later, he worked as a District Staff Manager for Southern New England Telephone in Connecticut. He was a member of St. Andre Besette-St. Joseph Church in Laconia, and also a longtime member and volunteer at both the Gilford Public Library in Gilford and the Largo Public Library in Largo, Fla.

He is survived by his wife, Maria (Faiella) Cunningham of Gilford; two sons, Mark Cunningham and his wife Isabel Lagomasino of Santa Monica, Calif. and Kevin Cunningham of Manchester, Conn.; one daughter, Lori Petrucelli, and her husband Tom of Weeki Wachee, Fla.; one step-son, Daniel Brunski,



and his wife Teri of St. Petersburg, Fla.; one step-daughter, Joanne Jost of Philadelphia, Pa.; six grandchildren (Kristy Jost, Olivia Jost, Brittany Morisette, Jay Cunningham, Ryan Brunski and Maria Elena Cunningham); two sisters, Carol Porreca and her husband Phil of Henderson, Nev. and Kathleen Doerward and her husband Jack of Goodyear, Az.; many nieces and nephews.

In addition to his parents, he was predeceased by one brother, Paul Cunningham.

There will be no calling hours.

A Mass of Christian Burial was celebrated at 10 a.m. on Tuesday, June 27, 2017 at St. Andre Besette Parish - St. Joseph Church, 30 Church St., Laconia.

Burial will military honors was held at 12:30 p.m. on Tuesday, June 27, 2017 at the New Hampshire State Veteran's Cemetery, 110 Daniel Webster Highway, Boscawen.

For those who wish, memorial contributions may be made to Central NH VNA & Hospice, 780 North Main St., Laconia, NH 03246 or to the Gilford Public Library, 31 Potter Hill Rd, Gilford, NH 03249 or Largo Public Library, Central Park Drive, Largo, FL 33771.

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.

Bessie M. Scudder, 101

LACONIA — Bessie M. Scudder, 101, passed away the Taylor Home Community on June 23, 2017.

Bessie was born in Yonkers, N.Y. on Aug. 18, 1915, the daughter of Franklin S. and Bessie (Stapleton) MacNeal.

Bessie grew up and went to school in Yonkers, N.Y. After high school, she went to work as a secretary at an automobile dealership until she married her husband, Orvis Victor Scudder, in June of 1940. She was known for her skills in the kitchen, especially her cookies, and with a needle - needlework, knitting, crocheting, quilting, needlepoint, and embroidery and fondness for word puzzles. She played the piano and taught Sunday School at the First Methodist Church in Hackensack, N.J.

Bessie lived in Pelham, N.Y., West Englewood and Oradell,



N.J., Lancaster, Pa., Summerfield, Fla. and Roxbury, N.Y., but, in the summer, home was a cottage on the shore of Lake Kanawatka in Moultonborough. She had lived in Laconia since 2003.

Bessie is survived by her son, John, and his wife Susan of Moultonborough; grandchildren Shannon Libby of Effingham, Jonathan Scudder of Gilford, Kristin Melendez of Corona, Calif., Timothy Leefeldt of New Castle, Del., and Erik Leefeldt of Newark, Del.; seven great-grandchildren (Emma Leefeldt, Sa-

mantha Leefeldt, Benjamin Libby, Cassidy Libby, Leah Scudder, Henry Leefeldt and Matthew Scudder); and many nieces and nephews.

Bessie was predeceased by her husband, Orvis, her two brothers; Herbert and Clifford MacNeal and her daughter; Nancy Scudder Leefeldt.

A memorial calling hour will be held on Thursday July 6, 2017 from 6 to 7 PM at the Mayhew Funeral Home 204 Daniel Webster Highway Meredith, New Hampshire.

Burial will be held at the United Methodist Church Cemetery, Roxbury, NY at the convenience of the family.

The Mayhew Funeral Home and Meredith Bay Crematorium are assisting the family with arrangements. To view Bessie's online book of memories go to: www.mayhewfuneralhomes.com

Robert E. Thoroughgood, 79

LACONIA — Robert E. Thoroughgood, 79, died March 14, 2014.

Graveside services for both Robert and his wife, Georgianne (Begin) Thoroughgood, will be held at 9 a.m. on Fri-

day, July 7, 2017 at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cre-

mation 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.

Camp Resilience seeks donated office space

REGION — Camp Resilience, the Lakes Region-based veterans support group, is seeking office space for one person effective August 2017.

Due to unprecedented growth in its veterans programs, Camp Resilience requested help from the Americorps VISTA Program. The non-profit recently learned their request had been approved and Olivia Kimmel will be join-

ing Camp Resilience as its Americorps VISTA volunteer. Ms. Kimmel's work will include all the administrative functions of Camp Resilience as well as innovating projects to help grow the network Camp Resilience has started. To do that job, she will need an office space in the Laconia-Gilford area.

"We're turning to the community that has long supported

Camp Resilience to help us locate suitable office space for Ms. Kimmel," said Camp Resilience founder, Kurt Webber, of Gilford.

As a non-profit reliant on donations and grants to fund its activities for Veterans, Webber pointed out that a donated space would be ideal as it would allow more of the group's limited financial resources to go directly to veterans' programming. Any business with extra office space they are willing to donate to support veterans and Camp Resilience is urged to contact Don at 293-0276. This would be a one year commitment and any donated space would be furnished and maintained by Camp Resilience.

"My joints ache"

LRVNA offers tips on how to deal with arthritis

REGION — Arthritis is a painful and degenerative condition marked by inflammation in the joints that cause stiffness and pain. Approximately 50 million Americans have some form of arthritis or a related disease. There are two main kinds, osteo and rheumatoid, both which affect the joint in different ways. Osteoarthritis is when the cartilage between the bones wear down, until the bone grates on bone. Rheumatoid is caused by an autoimmune disorder that causes inflammation of the synovial membrane (a soft tissue that protects joints in the body) and that can lead to bone loss. Whichever you experience, there are many ways to manage your arthritis, here are some tips and helpful remedies that you can try:

-Do some gentle exercise - Exercise is vital for those who suffer from any form of stiffness, joint pain or arthritis. Exercise will help control weight, strengthen the muscles that support joints and even lubricate the joints allowing them to move more freely. Try going for a brisk walk. Start with 15 minutes and work your way up into a solid daily routine.

-Get some rest - Sleep can restore your energy so you can better cope with the pain. It can also rest your joints to reduce the pain and swelling. A short nap can store your energy and spirits.

-Get a massage - Massages may improve pain and stiffness. It is important to make sure your massage therapist knows you have arthritis and where. Massages in-

crease blood flow and bring warmth to the sore areas.

The LRVNA can assist with in-home therapies and although osteoarthritis and rheumatoid arthritis may never go away and can disrupt your lifestyle. Light exercise and treatments certainly can help manage the condition.

To receive special health tips and notices about flu clinics and health screenings, you are invited to sign-up for the free LRVNA "Nurses Care" email newsletter program by visiting www.LRVNA.org. The Lakes Region Visiting Nurse Association is located at 186 Waukegan Street in Meredith, phone 279-6611. The LRVNA serves Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Ossipee, Sandwich, Tuftonborough and Wolfeboro

Taylor Boot Camp – Feel better in five weeks

LACONIA — Get fit and enjoy the beautiful summer weather with outdoor exercise in

the five-week Taylor Boot Camp, running July 10-Aug.10 at Taylor Community.

The class will help you feel good and meet your health and fitness goals with an ever-changing array of exercises, stretching and movement for a great total body workout. It will be taught by a nationally-certified Personal Trainer and Health Coach. All fitness levels are welcome.

Classes begin Monday, July 10 at 6 a.m. and will be held outside the Fitness Center/Pool area of Taylor's Woodside Building, 435 Union Ave., Laconia. The five-week program SEE **BOOT CAMP** PAGE A11

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LRSF announces scholarship recipients

REGION —The Lakes Region Scholarship Foundation congratulates the recipients of this year's awards.

Belmont High School

Entering Freshmen year:

Casey M. Akerman: Helen M. Hill Award, Theodore & Sophie Krasnow Memorial. Nicole M. Antonucci: Lakes Region Board of Realtors. Patrick A. Baker: George & Beryl Boisvert Award, Canterbury Fund, Vincent C. Ladd Memorial, Spaulding Family Fund. Emma I. Chase: Canterbury Fund, Sarah Cripps Fox Award, Bert & Anita Morin Family Award. Sarah E. Chase: Canterbury Fund, Wilderness Youth Fund. Cole P. Contigiani: Spaulding Family Fund, Stone Family Award. Zoe A. Cygan: Citizens Bank Award in Honor of Gretta Olson-Wilder. Shannon B. Davies: Friend of the Foundation, Theodore & Sophie Krasnow Memorial, Roscoe E. Twombly Memorial. Nina R. Didsbury: John J. Bancroft, Sr. Memorial, Friend of the Foundation. Nicholas T. Galambos: Charles M. Smith - Kiwanis Club of Laconia Award. Ryan M. Gelinias: Canterbury Fund, Pepin Family Memorial. Jacqueline E. Hanson: Lochmere Community Association, Spaulding Family Fund, Annalee Thorndike Art Award. Wm. Timothy Harper: Belmont High School, Friend of the Foundation. Thomas E. Hayes: Belmont High School, Robert F. Fecteau Memorial, Laconia-Gilford Lions Club, Michael Murray Memorial, James P. Rogers Fund. Mikayla K. Howes: Citizens Bank Award in Honor of Gretta Olson-Wilder, Carl A. Lemay Memorial. Aryssa N. McCarter: John J. Bancroft, Sr. Memorial, Belmont High School, Lela Lancaster Trust, Mallorie Claire Roux Memorial. Sarah A. McGlynn: Belmont High School, Lela Lancaster Trust, Michael Murray Memorial, Spaulding Family Fund. Sophie J. Miller: Canterbury Fund, Elizabeth Gagne Award, Wilderness Youth Fund. Logan A. Wilder: Jamie B. Jesseman Memorial, Laconia Lodge of Elks #876, Carl A. Lemay Memorial. Karissa L. Zackowski: Chocorua Lodge

#51 IOOF, Lawrence J. Smith and Nancy Smith Award, Spaulding Family Fund.

Entering Sophomore year:

Emily V. Ashley: Helen D. Martin Memorial. Courtney M. Clairmont: Chocorua Lodge #51 IOOF, Friend of the Foundation. Ryan J. Contois: Raynel Award, Stover Family Memorial. Renee E. Fleck: Stafford Family Trust. Kyle C. Gelinias: CitizensBank Award in Honor of Gretta Olson-Wilder, Roland Corriveau Track Memorial. Veronica S. Harris: Norman C. & Mary M. VanderNoot Award, VFW Post 1670 Award. Tayla R. Jacques: Martin, Lord & Osman PA (f/k/a Nighswander, Martin & Mitchell PA) in honor of Arthur H. Nighswander, John & Lois Ramsey Memorial. Kevin A. King: Robert C. Hussey Memorial, Herbert L. & Hazel R. Noyes Fund. Hannah A. Leger: Lela Lancaster Trust, Martin, Lord & Osman PA (f/k/a Nighswander, Martin & Mitchell PA) in honor of Arthur H. Nighswander, James P. Rogers Fund. Carol A. Lipshultz: Lucille & George Guild Memorial, George F. Mohle Memorial Nursing Award, Cecil and Barbara Richardson Memorial. Melanie L. Nix: Lucille & George Guild Memorial. Cameron J. Paquette: Willard G. Martin, Sr. Memorial - Kiwanis Club of Laconia, Herbert L. & Hazel R. Noyes Fund. Nicole J. Rosas: Janet "Jan" Bolduc Memorial, Katherine "Kathy" Daigneault Memorial, Friend of the Foundation, Nat & Ruth Kessin Award, Martin, Lord & Osman PA (f/k/a Nighswander, Martin & Mitchell PA) in honor of Arthur H. Nighswander. Alexis P. Sanborn: Bissonnette Family Memorial, Lucille & George Guild Memorial. George M. Sauvageaux: William L. Jacques Mathematics Scholar Memorial. Sarah M. Thayer: Chocorua Lodge #51 IOOF, Lucille & George Guild Memorial. Charles E. Witham: Chocorua Lodge #51 IOOF, Jamie B. Jesseman Memorial, Loran D. Percy Art Memorial.

Entering Junior year:

Chayleigh G. Cadarette: Martin, Lord & Osman PA (f/k/a Nighswander, Martin & Mitchell PA) in honor of Arthur H. Nighswander,

Susan B. Robbs Memorial. Colton C. Cadarette: Florence & Signe Bianco Memorial. Cassandra M. Contigiani: Kimberly Jean Morin Memorial, Simone Richardson Memorial. Alexandra D. Lugar: Martin, Lord & Osman PA (f/k/a Nighswander, Martin & Mitchell PA) in honor of Arthur H. Nighswander.

Entering Senior year:

Joseph G. Boles: Belmont Conservation Commission Award in Memory of Jeffrey A. Marden, Bert & Anita Morin Family Award, Neil Raymond Noyes, Sr. Memorial, Wilderness Youth Fund. Antony K. Hubbard: Lawrence "Larry" Richardson Memorial. Mary K. Russo: Rock A. Moon Memorial, Wilderness Youth Fund.

Graduate Students:

Julia K. Ashley: Arline Gifford "Piff" Kelley Memorial. Carlyn L. Reep: Charles E. & Nancy E. Wilder Award.

Other:

Alyssa J. Mahlstedt: Jenni Ann Harmon Memorial, Jane North Memorial, Kathleen Noyes Ober Memorial.

Gilford High School

Entering Freshmen year:

Benjamin R. Altmire: Good Sport Road Race Award. Shannon M. Anderson: Wilderness Youth Fund. Aimee C. Brunt: Lawrence J. Smith and Nancy Smith Award. James M. Buckley: Aaron T. Francoeur Memorial, Laconia-Gilford Lions Club, Douglas & Alison Scott Award. Ethan M. Carrier: Gilford Rotary Club, James E. Lucas, Jr. Memorial, F. Robert Sleeper Memorial, Stover Family Memorial. Justine M. Carter: Laconia Lodge of Elks #876. Mark MC Casella: Sylvia Maria Bonnette Memorial, James P. Rogers Fund. Danielle D. Clairmont: R. Everett & Gwendolyn I. Cochran Memorial. Connor A. Craigie: Aavid Thermalloy, LLC Award in Honor of Fred Payne, Bank of New Hampshire, Gilford District PTA, Raynel Award. Kyle E. Davies: Raynel Award. Mary L. Davis: Lakes Region Builders & Remodelers Association. Sean P. Desautelle: Chelsea

R. Bowen Memorial, Laconia Eye & Laser Center Award, Lawrence J. Smith and Nancy Smith Award. Dawson M. Ellis: Joe Holiday Memorial, Lela Lancaster Trust, Kenneth A. Lund Memorial. Leah B. Gardner: Colby Family Memorial, Elizabeth Jewett Cone Memorial. Daniel H. Getchell-Lacey: Chocorua Lodge #51 IOOF. Libby H. Giles: Charles "Chuck" French Award, Gilford High School Behavioral Health & Suicide Awareness Fund, Martha Virginia Wood Guild Memorial, Lela Lancaster Trust. Jennifer N. Hancock: R. Everett & Gwendolyn I. Cochran Memorial, Penny Pitou & Milo Pike Fund. Jack R. Harding: Rebecca A. Tebbetts Memorial. Emily L. Hayden: R. Everett & Gwendolyn I. Cochran Memorial. Reese I. Henderson: R. Everett & Gwendolyn I. Cochran Memorial, Gilmanton PTA, Barbara Hunter Memorial. Sydney J. Holland: Lakes Region Board of Realtors. Duncan B. Howland: R. Everett & Gwendolyn I. Cochran Memorial. Kaylee N. Lemire: Lawrence J. Smith and Nancy Smith Award. Haley E. MacLeod: Arline Gifford "Piff" Kelley Memorial. Alexa G. McNamara: Belknap Mill Quilters Guild, CJ Graham Memorial Art Award, Lakes Region Art Association, Lawrence J. Smith and Nancy Smith Award, Annalee Thorndike Art Award. Daisy J. Medeiros: Kelly A. Carter Memorial, Lela Lancaster Trust. Johanna L. Morris: Aaron T. Francoeur Memorial, Gilford District PTA, Gilford Education Association, Alida Millham Lakes Region Rotary Club. Andrew J. Nelson: John P. & Margaret P. Ball Memorial, Gregory G. Bryar II Memorial, Gilford District PTA, Alex Rowson Make-A-Difference Award. Abigail M. Nielsen: R. Everett & Gwendolyn I. Cochran Memorial, Charles V. Richards IV Memorial. Annabelle A. Nowack: Arline Gifford "Piff" Kelley Memorial, VFW Post 1670 Award, Elsie B. McCarthy Willey Nursing Fund. Stevie M.

Orton: Harry & Nancy Bryant Memorial, R. Everett & Gwendolyn I. Cochran Memorial, Monty Award, Simone Richardson Memorial. Brad L. Parker: James R. Cooper Quality Assurance Memorial, Lela Lancaster Trust, Christopher Jon Stitt Memorial. Connor D. Perkins: Lela Lancaster Trust. Thomas J. Pouliot: Lela Lancaster Trust. Michaela M. Ralls: VFW Nursing Award, Harold T. "Pappy" Whittum Memorial. Kaylee M. Robbs: Chocorua Lodge #51 IOOF, R. Everett & Gwendolyn I. Cochran Memorial, Gilford High School Behavioral Health & Suicide Awareness Fund. Kaylee R. Smith: Sylvia Maria Bonnette Memorial. Kiara N. Smith: Norman C. & Mary M. VanderNoot Award. Hannah C. Sullivan: Winsheblo Award. Kaitlyn M. Van Bennekum: Lela Lancaster Trust. Celia A. Weeks: John J. Bancroft, Sr. Memorial, Dr. Mark H. Engelhardt Memorial, Mallorie Claire Roux Memorial, Everett J. Sanborn, Sr. and Viola F. Sanborn Memorial. Kassandra A. Weston: Harry & Nancy Bryant Memorial, R. Everett & Gwendolyn I. Cochran Memorial. Mark G. Young: Ed & Polly Chertok Memorial, James & Nancy Farr Memorial, Friend of the Foundation, Wilderness Youth Fund. Kayla P. Zarella: Harry & Nancy Bryant Memorial, Gilford Rotary Club, Don Kimtis Community Award, Lorraine & Sylvio Labbe Memorial, Marilyn Martone Santaniello Memorial, Robert P. Tilton and Richard G. Tilton, Sr. Memorial.

Entering Sophomore year:

Cassidy L. Bartlett: Aaron T. Francoeur Memorial. Stratton E. Coleman: Ed & Polly Chertok Memorial, Burton &

Dorothy Kellogg Trust, James P. Rogers Fund. Emily Z. Curtis: Chocorua Lodge #51 IOOF, Bert & Anita Morin Family Award. Isaac L. Dahl: J. Bart & Theresa Conners Scholarship by the Lakes Region Petroleum Board of Trade. Cortlynn N. Danby: Chocorua Lodge #51 IOOF, Wilderness Youth Fund. Jordan S. Dean: Chocorua Lodge #51 IOOF, Aaron T. Francoeur Memorial, Stone Family Award. Julia G. Harris: Aaron T. Francoeur Memorial. Sierra L. Jueneau: Gilmanton PTA. Christian P. Karagianis: Bank of New Hampshire, Kenneth Blackey Memorial, Chocorua Lodge #51 IOOF. Jessica L. Ladd: David Fillion Memorial, Gilford Police Relief Association - Officer Kainen Flynn Memorial. Misty R. Medeiros: R. Everett & Gwendolyn I. Cochran Memorial, Penny Pitou & Milo Pike Fund. Carter T. Mercer: Alton & Emily Fairbrother Award, Aaron T. Francoeur Memorial, James P. Rogers Fund. Shannon E. Mercer: Alton & Emily Fairbrother Award, Aaron T. Francoeur Memorial, James P. Rogers Fund. Hannah M. Saulnier: R. Everett & Gwendolyn I. Cochran Memorial, Lucille & George Guild Memorial, Herbert L. & Hazel R. Noyes Fund. Maxwell S. Sawyer: Allen Family Award, Aaron T. Francoeur Memorial. Dustin F. Souza: John L. Paradise Memorial, Stone Family Award. Hunter R. Stevens: Lela Lancaster Trust.

Entering Junior year:

Bradley D. Bergman: Richard V. and Priscilla Breton Award, R. Everett & Gwendolyn I. Cochran Memorial, Normandin Family Memorial, James P. Rogers Fund. Gdeban-Noodenimin Clarke: SEE SCHOLARSHIPS PAGE A11

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Gilford Middle School honor roll

Gilford Middle School has released its honor roll for the third trimester of the 2016-2017 academic year.

Grade 5

High Academic Honors: Elizabeth Albert, Jack Farah, Ryan Guyer, Andrew McDonough.

Academic Honors: Sidney Bartlett, Noah Bolduc, Aiden Bondaz, Evan Carey, Caroline Colby, Madeline D'Agata, Samantha Dahl, Siena Diaz, Carter Forest, Caleb Giovanditto, Kimberly Griffin, Michael Guerin, Caroline Guest, Madelyn Guest, Avery Hennig, Lela Hodgkins, Hayley Jeffreys, Hauker Karlsson, Tanner Keenan, Abigail Kenyon, Scott Kulcsar, Eva Lacey, Charlotte Lehr, Rosabella Lesniak, Allison Marshall, Emma McBride, Ellie Nicolas, Riley Powers, Isaiah Reese, Rylee Rizzitano, Abigail Seal, Lydia Stefan, Rylee Stefan, Benjamin Suranyi, Ryan Turmel, Addy Wernig.

Grade 6

High Academic Hon-

ors: Samuel Cheek, Murphy Harris, Sydney Irons, Allison Kenyon, Michael Kitto, Tyler Lafond, Samuel Leggett, Camryn Marshall, Madison Nash, Lauryn Nash-Boucher, Savannah Neuman, Jesse Powers, Ethan Roys, Ashley Sanderson, Lexi Shute, Avery Totten, Taryn Wernig.

Academic Honors: John Blandford, Jordyn Byars, Tyler Davignon, Carson DeHart, Dane DeHart, Taylor Dillon, Allison Ellis, Alexandra Fay, Vanessa Flinders, Kayla Gallagher, Lauren Gallant, Patrick Gandini, Logan Grant, Owen Guerin, Stratford Kenny, Landon Lewis, Michelangelo Mitchell, Jaden Morin, Hennessy Mosher-Goodwin, Brenna O'Connor, Alysen Pichette, Tyler Rizzitano, Grady Shoemaker, Lily Tierno, Maria Uicker, Emily Watson.

Grade 7

High Academic Honors: Kaleena Dyer, Matthew Farah, Vanessa Genakos, Nicole Green,

Avery Marshall, Harper Meehan, Harry Meehan, Mackenzie Roys, Madilyn Spaulding, Mitchell Townsend.

Academic Honors: Anthony Aguiar, Nicole Bahder, Eva Bondaz, Shealagh Brown, Jack Cennamo, Anna Cook, Caitlyn Costa, Alyssa Craigie, Emily Crowell, Joshua Dery, Kelin Jeffreys, Nicholas Kaminski, Ashley Kulcsar, Zoe Lehneman, Sophia Lehr, Alexa Leonard, Riley Marsh, Aidan McBey, Riley McDonough, Bradley McIntire, Benjamin Muthersbaugh, Shannon O'Riordan, Alannah Penney, Valeria Ramos, Lauren Sikoski, Zoltan Stefan, Catherine Stow, Mason Testa.

Grade 8

High Academic Honors: Gerron Belanger, Andrew Flanders, Kendall Jones, Kayla Loureiro, Madyson McDonald, Sofia Sawyer.

Academic Honors: Angela Bonnell, Kyle Brent, Darren Brown, Tyler Browne, Lily Burleigh, Jason Callahan, Allison

Carr, Alexander Cheek, Jack Christensen, Peter Christensen, Kayla Cisneros, Alexa Dahl, Bridgette Dahl, Kimberly Daigneault, Taryn Fountain, Madelyn Gallant, Chandler Green, Kaitlyn Griffin, Ella

Harris, Jacquelyn Jaran, Mae Kenny, Harison Laflamme, Noah Marshall, Leah McClinton, Brayden McDonald, Corey McDowell, Katalyna Mitchell, Jacqueline Nash, Curtis Nelson, Kaelan O'Con-

nor, Alaina Osburn, Kathryn Osburn, Nathaniel Peterson, Jenna Pichette, Kamryn Price, Lindsey Sanderson, Hilda Servin, Bethany Tanner, Kenaniah Valentine, Jordan Witham, Kaley Zingg.



COURTESY

GMS students collect donate canned goods at Step Up Dance

Gilford Middle School eighth graders graduated on June 14. After the ceremony, students attended a Step Up Dance at Gilford Community Church basement. Students were asked to bring in canned goods as "admission," and were given a ticket for each canned good. Local businesses and parents donated items such as movie tickets, iTunes cards, food gift certificates, etc., and these items were drawn during the dance. The students collected a total of 306 canned items for the Gilford Got Lunch Program which supports Gilford area students not only in the summer but one the weekends during the school year. Pictured above are representatives from the class with the canned items. Pictured, from the left to right: Ashley Hart, Malik Reese, Taryn Fountain, Jason Callahan, Curtis Nelson and Ashley Servin.

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Edward Jones: Financial Focus

Declare Your Financial Independence Day

We're getting close to the Fourth of July, when we celebrate the freedoms we enjoy in this country. The U.S. constitution grants us many of these liberties, but we have to earn others – such as our financial freedom. What steps can you take to achieve the financial independence you need to reach your long-term goals?

For starters, always work to build your resources. Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. If you don't take advantage of this match, you are essentially leaving money on the table.

While how much you invest is an essential factor in gaining your financial freedom, how you invest your money is equally important. So make sure you have sufficient growth potential in all your accounts. While growth-oriented investments, such as stocks and stock-based vehicles, carry investment risk, you can help moderate this risk by also including other investments, such as bonds.

Another way to gain your financial independence is to liberate yourself from the shackles of debt. This isn't always easy, of course – most of us have experienced times when our cash flow simply wasn't sufficient to meet our expenses, so we had to take on some type of debt, either through a credit card or a loan. But the more you can control your debts, the more money you'll have to save and invest for your future.

One way to manage your debt load is to build an emergency fund, containing three to six months' worth of living expenses, which you

can use to pay unexpected costs such as a major car repair or a large medical bill. Ideally, you should keep this money in a liquid, low-risk account, so you can access the funds quickly and without penalty. Aside from possibly helping you control your debts, an emergency fund also may enable you to avoid dipping into your long-term investments to pay for short-term needs.

Thus far, we've only discussed achieving your financial freedom through methods of saving and investing. But you also need to consider your protection needs, too. If you were to become ill or suffer a serious injury, and you could not work for a while, your financial security could be jeopardized. Your employer might offer you disability insurance as an employee benefit, but it may not be enough for your needs, so you might need to purchase some additional coverage on your own. And to help ensure your family's financial security, you'll also need sufficient life insurance.

You also might want to protect yourself from the catastrophic costs of long-term care, such as an extended nursing home stay. The average annual cost for a private room in a nursing home is more than \$92,000, according to the 2016 Cost of Care Study issued by the insurance company Genworth. And Medicare generally covers only a small percentage of these expenses. You may want to consult with a financial professional to learn about ways you can protect yourself from the long-term care burden.

By following these suggestions, you can go a long way toward declaring your own financial independence. Consider taking action soon. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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CAHS has 9 of the 84 Great Danes seized on June 16. CAHS worked with The HSUS, Wolfeboro Police Department, and Pope Memorial SPCA to bring these animals from deplorable conditions to safety. They all need medical care. If you can help with their expenses, please mail checks to CAHS, PO Box 260, Conway, NH 03818 or call (603) 447-5605. You can also go online to conwayshester.org to donate. **Thank you for your help!**



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LRCC student art on exhibit

TILTON — Two students from Lakes Region Community College have the honor of presenting a sample of their work in a mini show at the Lakes Region Art Association Art Gallery, located in the Tanger Outlets, 120 Laconia Rd., Suite 132 in Tilton. On display now until Thursday, July 27 are the works of sisters Hannah and Leah Cheney from Webster.

Leah and Hannah, seniors at LRCC, are showing works from painting and drawing courses they took in their freshman year at the school.

“Both girls are working towards their Associates in Fine Art and show great promise and passion in their work,” said instructor and LRCC Fine Arts Program Coordinator, Liz Wilson. “It’s great for students to have a place to show their art and we thank the Lakes Region Art Association for this opportunity.”

More student shows will be planned for the future.

The Fine Arts program at Lakes Region Community College offers a solid foundation



COURTESY

LRCC Fine Arts Program Coordinator, Liz Wilson, presents works by her students Hannah and Leah Cheney from Webster at the LRAA Art Gallery, located in the Tanger Outlets in Tilton.

Gilford's Lauren Barrett named to PSU Dean's List

Lauren Barrett, daughter of Martin and Susan Barrett of Gilford, has been recognized for her Academic Achievement at Plymouth State University. She has been named to the President's List for the Spring 2017 semester.

Students must achieve a grade point average of 3.7 or better.

Barrett is a 2014 graduate of Gilford High School, and is a going into her senior year at Plymouth State University majoring in Childhood Studies.

of drawing, figure study, 2-D and 3-D design, and art history, plus additional studio courses such as painting, printmaking, sculpture, and ceramics. The new Introduction to Art Education

course gives budding art and classroom teachers a strong underpinning with which to build their career. Also, offered throughout the year are a number of short-term workshops, programs and events for students and faculty, and exhibits.

Also on exhibit at the Gallery is the “Around the Lakes” Art Show. For this show, Lakes Region Art Association artists capture the beauty of the Lakes Region in original works of art. From lake scenes and mountain

views to forest hiking trails and New England architecture, 34 local artists catch the splendor and charm of the area. Over 68 pieces of original works in oils, watercolors, pastels, acrylics and photography fill this spectacular exhibit. The “Around the Lakes” Art Show is on display till July 17.

The Lakes Region Art Association, founded in 1940, is a non-profit group providing education and support to local artists, both amateur

and professional, in the Lakes Region. The Gallery represents over 29 artists and photographers from the Lakes Region. On display and for sale are more than 100 original works in oils, watercolors, pastels, acrylics, photography and more.

Both shows are free and open to the public. The Gallery is open Thursdays through Sunday, 10 a.m. to 6 p.m. and Monday, 11 a.m. to 5 p.m. For more information, visit www.lraanh.org.

SNHU announces Spring 2017 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the spring 2017 President's List.

Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0.

Timothy Kneuer of

Laconia

Taylor Sullivan of Laconia

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 85-year history of educating traditional-aged students and working adults. Now serving more than 85,000 students worldwide, SNHU offers over 200 accredited undergraduate, graduate and certificate programs,

available online and on its 300-acre campus in Manchester. Recognized as the “Most Innovative” regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each student. Learn more at www.snhu.edu.

Electrical and plumbing apprenticeship classes offered

LACONIA — Laconia Adult Education is offering Electrical and Plumbing Apprenticeship Classes starting on Monday, Sept. 11 and Wednesday, Sept. 13. The classes will meet on two nights per week from 6-9 p.m. for a total of six classroom hours of instruction per week, explained Chris Ennis, Program Director. All classes are held at Laconia High School. This is a four year program and years I - IV are offered in the Electrical and Plumbing trades.

The Electrical and Plumbing Apprenticeship classes are the pre-requisites required for anyone desiring to become a licensed electrician or plumber in the State of New Hampshire. In order to become eligible to take the Journeyman's Exam, an apprentice must have completed 8,000 hours of “on-the-job” training

and 600 hours of related classroom instruction over a four year period in a State approved program. There is a charge for these classes of \$975 per year and the books are included in this fee.

The Electrician's “on-the-job” training involves planning layouts, installing and repairing wiring and electrical fixtures, apparatus and control equipment. The apprentice learns about current electrical codes and safety as a focus of the classes.

The Plumber's “on-the-job” training covers but is not limited to assembling, installing, and repairing pipes, fittings and fixtures of heating, water, and drainage systems according to specifications and plumbing codes. Learning how to read blueprints and plans along with safety and international plumbing codes are the focus of the classes.

The economy is beginning to turn around and Electrical and Plumbing Employers are seeking apprentices for employment in the trades.

For more information please call the Laconia Adult Education Office at 524-5712 or stop by the Adult Education Office located in Room #805 at Laconia High School.

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ROWE HOUSE

(Continued from Page A1)

Town Administrator Scott Dunn said during the June 14 selectmen's meeting that the town had hired Energy Shield to do the work with plans to start the project this spring. Dunn said Energy Shield then reported it could not complete the project as a key foreman left and took some other employees with him.

Dunn said they went to bid for the project several times, but received no offers. Dunn said Guyer and Sons was found doing a cedar shingle roof on a home on Governor's Island. He said the Department of Public Works approached the contractor and asked if there was interest in doing this

project, to which they said yes. Guyer & Son received approval from LCHIP to do the project.

Dunn recommended that the project go to Guyer & Son Roofing at a cost of \$48,500. The selectmen unanimously approved that motion.

Lacroix said the project will likely start in October.

ROBOTICS

(Continued from Page A1)

motorized vehicles. The younger students will race their Lego cars, older kids will program them to go through a maze.

They will also learn to do stop motion animation, starting with flipbooks and learning how to animate with Legos.

Penniman said this camp teaches the kids building blocks of many different STEM concepts. Throughout the program the kids will be working with math concepts as well as basic engines and the foundations of programming.

"The kids are having fun while they learn at the same time," Penniman said.

Penniman said the kids are enthusiastic about the camp and some have been coming

for over four years. He said they are thrilled to see kids keep coming back.

Penniman said every teacher at camp is a certified teacher who works during the school year.

"This is kind of our summer fun," Penniman said.

Counselor Marc Tessier said this camp is the highlight of his summer.

"It's really good to come back to it every summer," Tessier said.

Teacher Justin Wolbert said he is overwhelmed by the students' creativity.

"It blows me away, things I would never think of doing," Wolbert said.

Wolbert said with all the activities math can be fun.

Gerrick Spencer of

Center Harbor, 13, is one of the camps regular attendees who has thrived in the program. His favorite activity is stop motion animation.

"I've always really liked that," Gerrick said. "Building the Lego robots is also really cool too."

His mom Kim Spencer said Gerrick has been coming to the camp for five years.

"I think they teach 3D concept and applications of a knowledge which he excels in," Kim Spencer said.

Gerrick is dyslexic; while he has had difficulties in the classroom, his mother said this is an environment that lets him thrive

"He has opportunities here he doesn't have in school," Spencer said.

GOT LUNCH

(Continued from Page A1)



ERIN PLUMMER

Volunteers pack lunches for kids in need at the start of another summer season for Gilford Got Lunch.

have a regular source of food out of school. Got Lunch also runs a program through the school year providing kids with lunches on the weekends and during vacations. On Monday, volunteers gathered for the first time this season to pack and deliver lunches to families who signed up for the program for the summer season.

Got Lunch has received generous donations of food and money from across the community. It also gets food from the New Hampshire Food Bank. Each bag contains a week's worth of lunches along with store vouchers for dairy products.

This year Got Lunch has been purchasing fresh produce with some additional funding, while the produce was donated in the past. Got Lunch president Tracy Blandford said produce is bought through Winnepesaukee Woods Farm

and the Lakes Region Agricultural Cooperative. Blandford said every lunch also includes a consistent amount of fresh produce.

Blandford said the numbers of students receiving lunches are slightly down this year. Blandford said around 80 students had signed up by the end of last season. So far, 54 kids have been signed up for Got Lunch, though families can still sign up through the summer. Blandford said the drop in numbers could be the result of an improving economy.

"The less children we have in our program is a good thing because there's less need," Blandford said.

Got Lunch has been doing what it can to spread the word about the program, including email blasts to past clients. Blandford said word of mouth does spread about the program, which brings

more people to sign up.

Many volunteers are taking part in Got Lunch. Blandford said they have a lot of returning volunteers and a lot of new volunteers this year.

"I think it's great that more people are interested," Blandford said. "A lot of people see it as a fun way to give back to their community through the summer."

Blandford said prospective volunteers can show up at the GYC, sign a waiver, get a t-shirt and start packing right there. She said different tasks will be assigned depending on who is available and what is going on that day.

"We're always looking for volunteers," Blandford said.

Gilford Got Lunch will deliver lunches until Aug 26.

To register for Gilford Got Lunch and for more information, visit www.gilfordgotlunch.com.

RAFFLE

(Continued from Page A3)

June 10."

Joanne Piper Lang, President of Laconia Rotary Club, said, "Craig did an outstanding job organizing the raffle this year. I want to give special thanks to Craig, and to all of the dedicated members of the Laconia Rotary Club who covered three shifts a day in the Weirs during bike week and put countless hours into traveling to events with the motorcycle in tow to sell tickets. I am extremely humbled by the enormity of everyone pulling together to raise charity funds for our signature charity motorcycle raffle."

Lang continued,

"The Club also thanks all of our supporters who buy tickets from us every year, we couldn't do what we do without their support. This support allows Rotary to make substantial charitable contributions to youth, elderly and those in need in our community, assist with the restoration of the Colonial Theater, as well as support international projects. Our club disbursed over \$37,000 to charity during 2016-17 and we look forward to continuing this support in coming years."

Laconia Rotary, founded in 1925, is a committed, friendly

and diverse group of professionals who value service to the community, region and world. We support local projects that are of benefit to our community. Laconia Rotary is part of Rotary International a network of Clubs worldwide that values service above self. The Laconia club meets at noon on Thursdays at the Belknap Mill. For more information about Rotary and to learn how you can get involved, call Club Secretary Jon Nilvus at 528-4959 or email laconiarotary@gmail.com, visit laconiarotary.org and find us on Facebook!

STRATEGIES

(Continued from Page A4)

trations and challenges of managing a business in first century Israel. It was, undoubtedly, a critical factor in His education.

Keep in mind that Joseph was a normal man. He, like each of us, needed to discover the strength of character that can be developed only through the give and take of

life. There were surely times when he blew it, and perhaps occasions when he didn't respond well to the growing-up antics of his unique stepson. But he was a good man and God Himself chose him for the rearing of His Beloved Son. Although history records little of Jesus' childhood, one can surmise that Jesus

also saw Joseph smile and relax as together they spent many a quiet afternoon fishing and enjoying each other's company. What an impact the many conversations they had together must have made on Jesus' outlook on life! Joseph, as no other man on earth, helped make Jesus the man He was to become.

As we are already mid-year in our fast-paced world, it prompts a lesson we all need to take to heart. If we are typical, we develop our self-respect, indeed, our very attitude toward life, by the things we own and the success we have experienced; we admire wealth, power, and fame. God, however, seems to have a very different agenda. He is far more interested in who we are than in what we do. Character is primary!

Our accomplishments may be limited; we may be unknown and unheralded; no one may ever squabble over our estate. But much like Joseph, that does not determine our personal worth. The quality of our life will be seen in the lives of the family for whom we have been responsible. As they follow in our footsteps, as they honor the God they have met through our living ... then will our personal worth and the impact of our lives become evident. Our living will not have been in vain!

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



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6:00 pm Side Walk Vendors Open

6:00 pm - 9:00 pm Concert: Jonathan Sarty

Saturday, July 1st

8:30 am Registration for the 4 Mile Walk/Run

9:00 am Scootin' for the Red, White and Blue 4 Mile Walk/Run

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11:00 am Side Walk Vendors Open

12:00 pm - 10:00 pm Miller Amusements Carnival Midway

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5:00 pm - 10:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)

6:00 pm - 9:00 pm Concert: Straightaway

Sunday, July 2nd

11:00 am Classic Car Parade Line Up (Ed Fenn School)

11:00 am Side Walk Vendors Open

11:30 am Classic Car Parade (Down Rt 16 to Railroad st)

12:00 pm - 2:00 pm Classic Car Show with 50's & 60's music

12:00 pm - 2:00 pm Kids Games - Hosted by American Legion Aux. Unit 82

12:00 pm - 10:00 pm Miller Amusements Carnival Midway

12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00)

5:00 pm - 10:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)

5:00 pm - 6:30 pm Chilli Chowder / Dessert Cook Off at the Fire Station

Hosted by Gorham Fire Dept and Gorham EMS

7:30 pm - 9:30 pm Concert: The Ultimate Garth Brooks

Tribute Show with Dean Simmons Sponsored by Berlin City Auto Group

Monday, July 3rd

8:00 am - 10:00 pm NEW EVENT! Patriotic ATV Photo Scavenger Hunt Registration

Registration at Gorham Corner Market (\$5 PP) Must have a Camera or Cell Phone

3:00 pm Side Walk Vendors Open

3:00 pm - 10:00 pm Miller Amusements Carnival Midway

Pay ONE PRICE On The Rides (pay one price \$25.00)

6:00 pm - 9:00 pm Concert: Riley Parkhurst Project

Tuesday, July 4th

9:30 am Duck Race - Hosted by the Berlin Backers

10:00 am - 10:45 am REGISTRATION For Kiddies Parade

(Registration is a MUST at Ed Fenn School)

11:00 am Kiddies Parade (Starts at Ed Fenn School)

11:00 am Side Walk Vendors Open

12:00 pm - 11:00 pm Miller Amusements Carnival Midway

12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00)

5:00 pm - 11:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)

1:00 pm Parade Line up

1:30 pm DJ Music with Steve Emerson

2:00 pm Main Parade - Sponsored by Service Credit Union

(Starts at Dublin Street down Rt 16 to Railroad St.)

6:00 pm - 10:00 pm Concert: Rebel Sons

10:00 pm Fire Works by Atlas Fireworks

[f](https://www.facebook.com/Gorham4thofJulyCelebration) Gorham 4th of July Celebration

NOTEBOOK

(Continued from Page A4)

ular basis. The train's "commuter fee" promotes itself as from anywhere from \$6 to \$29 each way. That's a pretty wide stretch. Try finding out exactly what the "commuter fare" from Portland to Boston is. Good luck.

But wait! There's More! I actually found it--not on the Downeaster site, but by calling Julie, Amtrack's pretty-damned-good automated answering system.

You can get a 30-day Portland-Boston commuter special for \$299, round-trip. That's about \$10 per day. No way can you drive for that, considering gas, tolls and parking.

So what's the rub? The time. It takes the train about two and a half hours, versus a driving time at about

an hour and 45 minutes. That's because of the Downeaster's ten station stops. But that's a 45-minute difference.

But then if you drive, how much time does it take to park, and walk, or take public transportation or a cab?

All of which is part of why I decided, about 40 years ago, not to pursue a job offer from the Boston Globe. I'd have spent half my working time trying to find ways to vacation or do stories up where I've actually been living and writing for half a century, and counting.

This was while I was working for the Nashua Telegraph. At just about decision time, I heard Joe Green in the WBZ Copter doing a traffic report, featuring a jam-packed Storrow Drive

and a pileup on the Alewife Parkway. That pretty much did it.

But were we? With my Uncle Fudd, and his young friend at Village Crossing.

If I were this kid's Dad, and had to commute from Portland to Boston every single stinking day, like a rat going back and forth to the dump, I'd budget the extra 45 minutes into the daily slog--and to try feeling like a human being, take the train.

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

JOHN DOE

(Continued from Page A5)

LRPA after dark for this heartwarming "dramedy" from the past.

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

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and

community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower

our community members to produce content that

- fosters free speech and the open exchange of ideas,

- encourages artistic and creative expression,

- promotes a well-informed public through governmental transparency, and

- unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

SCHOLARSHIPS

(Continued from Page A7)

R. Everett & Gwendolyn I. Cochran Memorial. Kendra E. Danby: Chocorua Lodge #51 IOOF, Wilderness Youth Fund. Alexandra F. Harris: Aaron T. Francoeur Memorial. Heather J. Hunt: Elizabeth Jewett Cone Memorial. Danielle L. Janos: Elizabeth Jewett Cone Memorial. Desmond C. Kirwan: James P. Rogers Fund, Santa Fund of the Greater Lakes Region Award in Memory of Julie Upham, Wilderness Youth Fund. Abigail M. Kourafas: Chester Perkins Memorial. Emily L. Lamot: R. Everett & Gwendolyn I. Cochran Memorial, James P. Rogers Fund. David M. MacDonald: R. Everett & Gwendolyn I. Cochran Memorial. Michael F. Madore: Aaron T. Francoeur Memorial. Keaton M. Quigley: Penny Pitou & Milo Pike Fund. Mikaela J. Wardrick: Lela Lancaster Trust, Santa Fund of the Greater Lakes Region Award in Memory of Julie Upham.

Entering Senior year: Catherine E. Buckley: Chocorua Lodge #51 IOOF, Lakeport Woman's Club, Douglas & Alison Scott Award. Kelsey A. Buckley: Lakeport Woman's Club, Opechee Garden Club, James P. Rogers Fund, Douglas & Alison Scott Award. Sally A. Tinkham: Edward & Natalie Davis Memorial, Aaron T. Francoeur Memorial. Emily M. Wernig: Belknap Mill Quilters Guild, CJ Graham Memorial Art Award, Loran D. Percy Art Memorial.

Graduate Students: Ashley K. Brunelle: Gilford Police Relief Association - Officer Kainen Flynn Memorial. Benjamin P. Morris: Aaron T. Francoeur Memorial.

Holderness School
Entering Freshmen year:

Abbie A. Sawyer: Lakes Region Board of Realtors.

Moultonborough Academy
Entering Freshmen:

Mackenzie G. Kessler: Wilderness Youth Fund. Dylan McLaughlin: Lakes Region Board of Realtors. Samuel R. Swedberg: Annalee Thorndike Art Award.

Lin-Wood High School
Entering Freshmen year:

Brooke Seigars: Lakes Region Board of Realtors.

Kingswood Regional High School
Entering Freshmen year:

Brooke Seigars: Lakes Region Board of Realtors.

Inter-Lakes High School
Entering Freshmen year:

Kailee A Bennett: Monty Award. Melissa L. Deleon: Friend of the Foundation, Ann Jewett Steele Memorial. Drew D. Dunlap: Belknap County Sportsmen's Association. Shawn P. Dymont: Gregory G. Bryar II Memorial, Alcide O. Cormier Family Fund. Makenzie R. Giroux: Lawrence J. Smith and Nancy Smith Award. Thomas Robinson: Lakes Region Board of Realtors. Noah K. Sullivan: Philip G. Bragg Firefighter Award, Alcide O. Cormier Family Fund. Matthew A. Sundius: Annalee Thorndike Art Award. Justin C. Tinker: Friend of the Foundation.

Graduate Students: Kathryn L. Schwatzer: St. James Church of Laconia.

Newfound Regional High School
Entering Freshmen year:

Riley M. Provencher: Lakes Region Board of Realtors.

Plymouth Regional High School
Entering Freshmen year:

Peter C. Templeton: Lakes Region Board of Realtors.

Sant Bani School
Entering Sophomore year:

Mohamed A. Sapry: R. Everett & Gwendolyn I. Cochran Memorial, Alcide O. Cormier Family Fund, Stephen W. Moore Memorial.

Tilton School
Entering Freshmen year:

Deano S. Asprognis: Santa Fund of the Greater Lakes Region Award in Memory of Julie Upham, Stone Family Award.

New Hampton School
Entering Freshmen:

Katie M. George: Bert & Anita Morin Family Award, Wallace A. and Christine F. Peebles Memorial.

Graduate Students: Patrick E. Saunders: Dr. Donald M. Ettelson Award.

Winnisquam Regional High School
Entering Freshmen year:

Samantha A. Constant: Bruce L. Fitzpatrick Memorial. Christina J. Dutton: John T. Dodge Memorial, Daniel Charles "Chuck" Fogarty Memorial. Karissa R. Fields: Lochmere Community Association. Makayla M. Foster: Lakes Region Board of Realtors, Mallorie Claire Roux Memorial. Laura Harmon: Dodge Family Scholarship. Sarah M. Joseph: Aaron R. Risley Memorial, Annalee Thorndike Art Award. Nicole S. Matcheski: Friend of the Foundation. Jevanie M. Semerzier: Keith Bryar II Memorial, Leland Gifford Memorial, Neil Raymond Noyes, Sr. Memorial, Mallorie Claire Roux Memorial, Everett J. Sanborn, Sr. and Viola F. Sanborn Memorial. Joshua J. Shevlin: Mark D. Moses Memorial.

Entering Sophomore year:

Issiah Millis: Friend of the Foundation, Lucille & George Guild Memorial.

Graduate Students: Mollie E. Ryan: Charles E. & Nancy E. Wilder Award.

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Graduate Students: Mollie E. Ryan: Charles E. & Nancy E. Wilder Award.

BOOT CAMP

(Continued from Page A6)

will run Mondays and Wednesdays from 6 to 6:50 a.m., rain or shine, through August



COURTESY

Get fit and enjoy the beautiful summer weather with outdoor exercise in the five-week Taylored Boot Camp, running July 10-Aug.10 at Taylor Community.

gan E. Sargent: Elizabeth Gagne Award. Other: Madeline T. Boles: Charles E. & Nancy E. Wilder Award.

Winnisquam Regional High School
Entering Freshmen year:

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Graduate Students: Mollie E. Ryan: Charles E. & Nancy E. Wilder Award.

10. The cost is \$120 for five weeks, or \$15 per class drop-in fee. A six-person minimum is required for the Boot Camp to be held. Please bring a mat or towel and hand weights if you have them.

To register, contact Lena Nirk at 366-1405, or email lnirk@taylorcommunity.org.

Taylor Communi-

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

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www.greatwaters.org

2017 Schedule

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7/14 - The Doo Wop Project	8/18 - VoicePlay
7/21 - Adrienne Danrich	8/25 - Barbra & Frank Streisand & Sinatra Tribute
7/28 - Ossipee Mountain Boys	
8/4 - When Swing Was King Tribute to Benny Goodman	

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MARKET

(Continued from Page A1)

Jane Rollins of Gilford was available at the farmer's market from the UNH Cooperative Extension to talk about gardening and answer people's questions. Soil test kits were available and information about organic gardening. Kids could also plant some seedlings at her table.

They are also educating people about invasive plants with a different plant each week.

Rollins said the Cooperative Extension is working to have mas-



ERIN PLUMMER
Master gardener Jane Rollins set up a table at the Gilford Farmer's Market in behalf of the UNH Cooperative Extension.



ERIN PLUMMER
Andrea Murray of Andrea's Quilted Kitchen Necessities.

ter gardeners available at local farmer's markets, including Gilford and the Laco-

nia Farmer's Market. Rollins said they try to provide "science based information" to people.

"I live in Gilford so of course I love it," Rollins said of the farmer's market. "I got fresh eggs this morning and fresh strawberries."

Rollins said this fair is easy for people to walk to, including

the seniors who live in Gilford Village Knolls. "Some of the people from the Knolls can walk here and have an opportunity to support local farms who support this open land conservation," Rollins said.

"Two of my passions: I'm either in the kitchen or the garden," Houle said.

Houle sold her locally produced baked goods and plants, which she said she tries to make as natural as possible. She started at the Ashland Open Air Market and then did the Gilford Winter Farmer's Market. She was doing the summer market for the first time.

"What a beautiful venue, beautiful grounds," Houle said.

She said she has had a lot of repeat customers.

"It's a nice community vibe, everybody looking to help each other support local (goods)," Houle said.

The society is seeking volunteers to help work at the market. To volunteer contact Katy Lacroix at 524-3390.

Announcing the Merger of



THE LAW OFFICES OF
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and

Timothy J. Sullivan



It is with great excitement that we announce the merging of our two offices on July 1, 2017.

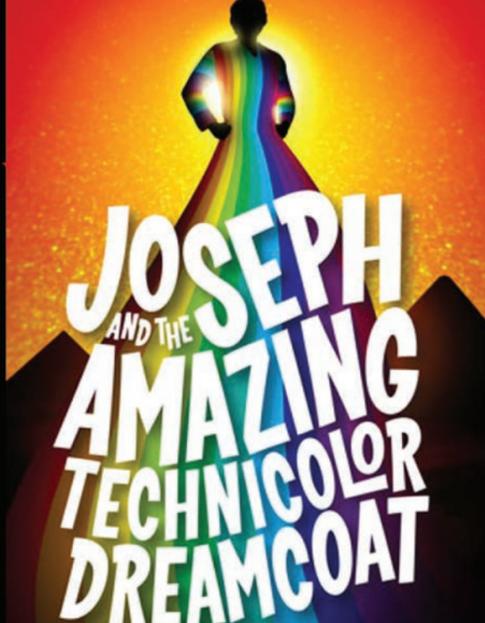
With this merger, Marbury & Marbury brings into the firm the incredible history, experience, and knowledge of Attorney Sullivan and his staff as we move forward seeking continuously to improve the service that we provide to our clients.



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Garrett wins Division 3 JV softball Coach of the Year

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — It is an exciting time in life for Golden Eagles JV softball head coach Shawn Garrett. Not only is he becoming a grandfather with both of his children having children, but he was named Junior Varsity softball coach of the year in his final season with Gilford High School.

"It is certainly an honor," said Garrett. "I

know there are a lot of coaches out there who put in a lot of time. I suppose it is a validation for the work I've done but it wouldn't be possible without all the kids and the coaches. That's really what it is all about."

Garrett said this was a unique year for his team, as many of his girls on JV were being brought up to the varsity squad coached by Joan Forge, who he



COURTESY

Shawn Garrett was named the Division 3 Junior Varsity Coach of the Year for 2017. He led the Golden Eagles to a 6-3 season.

Fit for a Cure 5K is Sept. 24

TILTON — Tanger Outlets Tilton in conjunction with Under Armour, Northeast Communications, AutoServ, Belknap Landscape Company and Laconia Daily Sun, will host the ninth annual Fit for a Cure 5K run/walk presented by Under Armour. The first 1,000 registrants will receive an Under Armour race t-shirt. All finishers will receive a commemorative participant medal and shopping discounts. Prizes will be awarded to top three male and female winners along with division winners in each age category. There is a discounted registration fee if you register before Sept. 22.

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

For more information or to register, visit www.tangeroutlets.com/race. If a business or organization will have 10 or more participants, please contact Tanger General Manager Eric Proulx at eric.proulx@tangeroutlets.com for group discount information.

said he is always in contact with. However, this can be tough for a team because they were often not able to practice at full force. Many times there would only be a handful of girls, ranging between five and eight, to practice with. This means they would miss a shortstop or a catcher while practicing.

"A lot of this is explaining and getting the girls to picture what will happen in a game scenario because we don't have all the bodies to truly show

game situations," said Garrett.

The fact that the girls on his team were getting varsity experience was helpful for the team, he said. His team practiced in the preseason with the varsity, much of it being in the gymnasium due to rain. It led to a 6-3 record for the JV squad. However, it was a strange season where only two games went five innings.

Garrett said there is an unfortunate side of JV, which was that many of the schools

they would try to face didn't have a JV squad and they would need to cancel games.

"Nobody signs up for a sport to practice, they want to get out there and play games," said Garrett. "Not every school had JV so a lot of times our games were cancelled last minute or we just didn't have an opponent to play. One time we went four weeks without a game after the season started."

This added to a crucial part of Garrett's job as a JV coach: keeping the student athletes interested and involved so they would continue to play.

Since the team had a successful season, Garrett said it was easier to keep the players involved.

"This was a young, eager group of girls that have bought into the program overall,"

said Garrett. "Practicing with the varsity definitely helps because they know what is expected."

Garrett said he has full liberty to change players and put them where he wants, but he said the girls try to practice the same way varsity does to get ready to fill in.

"If the varsity coach says they need a good bunter or pinch runner someday, those girls know that any day they better be ready to go with the varsity," he said.

Garrett said this helped keep the ambition high with his team. He described the team as "unselfish" and said they are a major reason why he was given the award of coach of the year.

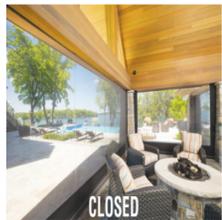
Garrett started coaching in 1994 in Alaska. He coached in Oregon until he moved to New Hampshire five years ago. He will be coaching the Nor'Easters this summer before moving back to Oregon. He is going back in time for his first grandchild to be born in August, and he has another grandchild on the way in January.

Garrett coached 14 total teams in the Gilford School District, and 24 in New Hampshire over the five years he has been here. This includes coach-

SEE GARRETT PAGE B2

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Forge still going strong through 40 years of coaching

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — For Joan Forge, coaching sports is something that is much more than just the wins and losses. It is about molding a young athlete into a quality person. Forge just wrapped up her 40th season as a softball coach, and she said she is still going as strong as ever.

Forge graduated from Plymouth State College in 1977 with a bachelor's degree in Physical Education. She later received her Master of Education in 2000 at PSC. Forge said she feels as if she were destined to become a physical education teacher and a coach. She currently teaches physical education at Gilford High School.

When Forge was young she was a tomboy and gym rat. She said growing up there were less opportunities for girls to be involved in organized sports, but today she is happy with what is offered and what she has been able to accomplish.

Forge is in the Glen Rock High School Athletic Hall of Fame for her play as a basketball player when she was a young lady in Glen Rock, N.J. She is also in the NHIAA Hall of Fame, which she was inducted into in 2012. Forge was also inducted into the Plymouth State College Athletic Hall of Fame in 2002 and the NHIAA Coaches Hall of Fame in 2001.

Other accolades include Northeast Sectional Volleyball Coach



BOB MARTIN

Joan Forge just wrapped up her 40th season as a softball coach. She has more than 1,000 combined varsity wins as a coach, which has included volleyball and basketball as well.



BOB MARTIN

Joan Forge has had tremendous success as a softball coach. Here she is shown in her Golden Eagles shirt as a coach for the Division 3 senior team.

of the Year in 2002 and 2004; State Volleyball Coach of the Year by the National Federation Coaches Association in 2000; Class M Volleyball Coach of the Year in 1997, 1999, 2001,

2002, 2003 and 2004; the Division 2 Volleyball Coach of the Year in 2006 and 2015; Class M Softball Coach of the Year in 1998, 2002, 2012 and 2015. The list of awards and recogni-

tion goes on and on.

Forge has more than 1,000 total varsity wins as a coach. For softball at Gilford High School she has an overall record of 434-198. In her entire career she is 525-224 coaching softball between Ashland and Gilford. She also has a 527-80 record in volleyball. Forge has 15 state championships in volleyball and a pair of softball titles.

Forge said at the age of 62 her passion for coaching is unwavering, adding that she has plenty of energy and can still motivate the girls she coaches. As long as she has the passion, Forge said she will be out there coaching. She said a

lot of her players make comments about how she is a great motivator, and Forge takes this to heart.

In Forge's eyes, people are put on the Earth to make a difference in the lives of others. She believes that everyone has a purpose in life, and for her, this is coaching young ladies. She said coaching has never really been about the sport itself, but instead about teaching life lessons and making the girls better people in general. She said the lessons they can take from athletics can be used all throughout their life.

Forge has been coaching organized

sports for 42 years, and she said she doesn't have a favorite sport to coach. She is currently the coach of the girls' volleyball team and softball team at Gilford High School, but in the past she has also coached basketball. She said as a coach it is important to remember that the athletes will make errors, physically and mentally. Forge said she understands that this is natural, and the most important aspect is bouncing back from making the error.

Forge said that since she and her husband Rick never had children of their own, they treat these athletes like their daughters. She said there is so much compassion and caring going on, which has only increased over the years.

She said that it has been interesting to watch athletes come and go through the system, many of whom are daughters of players she had coached in the past.

Another aspect of coaching that Forge loves is the relationships she has made over the years. Her husband Rick Forge coaches the pitchers on the Golden Eagles squad, creating a husband/wife coaching duo. In volleyball she has been coaching alongside Bill Beaudet, Amy Tripp and Michelle Martin for the past 20 years and she considers them dear friends. Forge attributes most of the volleyball team's success to her fellow coaches for bringing a wealth of knowledge into the program.

In softball she said despite not having the long tenure of her volleyball coaches, she has enjoyed working with Tom Carr, Shawn Garrett and Seth Gilman. She said they have all brought positivity and coaching expertise to the program.

"Our success is a combined effort," said Forge. "They make me look good."

Lions Cup soccer matches July 15 at NEC

REGION — The Lions Twin State Soccer Association is proud to announce the 43rd annual "Lions Cup" matches will be held on July 15 at New England College in Henniker. Both the women's and men's teams will be comprised of All-Star seniors representing Vermont and New Hampshire. The women's game kicks off at 4 p.m. with the men's game following at 6:30 p.m. Admission is free

for children under age 12.

The Lions Twin State Soccer Association was established in 1975 with the mission to devote itself to the celebration of athletic achievement while promoting fellowship through combined charitable acts and interpersonal relations. Since its inception, the association has raised approximately \$600,000 and donated it equally between Vermont Li-

ons charities and the Lions Sight and Hearing Foundation of New Hampshire. The funds have assisted those in need of eyeglasses, eye surgeries, hearing aids and sending children to summer camp.

Without the generosity of the Vermont and New Hampshire Soccer Coaches Associations, the Lions of New Hampshire and Vermont, the parents and players and the general public, these games would not be possible. The association extends its gratitude for the support and looks forward to seeing you at the games.

GARRETT

(Continued from Page B1)

ing varsity football for several years, middle school basketball and more. In Oregon he also coached club baseball.

"I've coached 60 teams but I think Joan Forge still has me

beat," said Garrett.

Garrett said that coaching has been a blessing and a passion of his for many years. He described it as a chance to share with the athletes and families. He said sports

can be a great tool for teaching sportsmanship and putting the team before self. They also help with dealing with failure and being humble when winning.

As a child Garrett was shy, and while he played sports he was often a backup. After dealing with a coach that he didn't like because of his vulgar and inappropriate wordings and tactics, he decided he would coach so kids would never have to deal with that.

"I had to get over the shyness first, and maybe I haven't quite yet, but the motivation is the same," Garrett said. "Treat the kids with respect. Learn the lessons of life and have fun."



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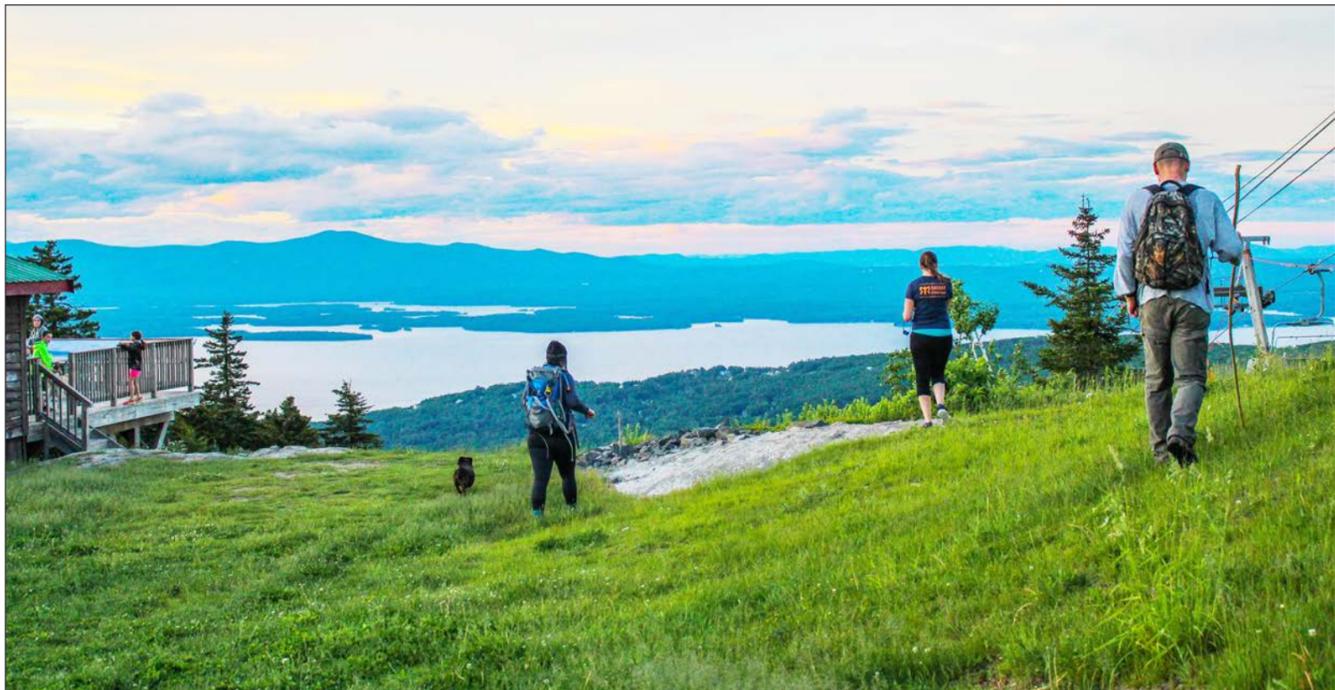
BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Most people automatically think about skiing when it comes to Gunstock Mountain, but in recent years the management has made a concerted effort to create a four-season destination. This coming ski season will be the 80th anniversary of Gunstock, but officials are saying the celebration begins this summer.

“The anniversary isn’t until December, but we are unofficially kicking off the celebration this summer,” said Communications Coordinator Jen Karnan. “We are all super excited.”

The mountain has the Adventure Park, which is complete with zip lining, Segway



CHRIS LEGGETT – COURTESY PHOTO

Gunstock is celebrating its 80th year, and over the years it has transformed into a four-season destination rather than just a ski mountain.

tours and the aerial tree top adventure - the largest aerial obstacle course in New England. Fairly new is the mountain coaster,

which since it was installed last August has been a major hit and something people have raved about.

The mountain is also offering mountain top yoga on Wednesday mornings, and those interested can meet at the welcome center at 8:30 a.m.

There is a pond at the base of the mountain where people can use paddle boats, paddle boards, kayaks and canoes. There is also plenty of fish to be had in the pond.

There are also after hours guided hikes up the mountain, which is a new feature this summer. Karnan said it is for people to be able to get outdoors and see the sunset. Most of these are Saturday evenings, and she said they are toying with the idea of sunrise hikes on Sunday. Hikers can meet at the welcome center at 7 p.m. The hike lasts roughly an hour-and-a-half and is a great chance to see the sunset over the Belknap and Ossipee Mountain

Ranges.

“I actually went on a guided hike recently and walked up the ski trails,” said Karnan. “It was like choosing your own adventure. It was really nice.”

Karnan said this isn’t to say that people can’t hit the trails on their own. There are hikes of varying difficulty, including the Ridge Trail amounting to 2.43 miles; the Brook Trail at 1.65 miles; the Overlook Trail at 3.6 miles; the Round Pond Trail at three miles and the brief Cobble Mountain Trail amounting to .85 miles.

She said the mountain is and always has been a spot where people love to hike and mountain bike. Gunstock has 50 kilometers of single and double track trails to bike on, with all levels of difficulty. The beginner trails are through the campground, intermediate trails are around Cobble Mountain and experts can ride across the ridge line from the summit of Gunstock to

Mountain Rowe.

Karnan’s favorite hike is the Brook Trail, saying since she is a skier she likes going through the Recoil Glades as they are dressed in green rather than covered with the white stuff.

“I love skiing down it but it is really cool to hike up through there, as well,” said Karnan. “I also like to go down the Ridge Trail to feel the ridge, see the views and check out what it has to offer.”

Those looking to relax, have a few beers and listen to some music will be happy to attend the Gunstock Mountain Brew and Barbecue. This is the first time for the event, Karnan said, and it will take place on Aug. 25 and 26.

“There is so much to do at Gunstock over the summer,” said Karnan. “I think people in the area will really enjoy themselves.”

For information about programs, trail maps and more log onto www.Gunstock.com.



CHRIS LEGGETT – COURTESY PHOTO

Coaches Dave Nelson and Caitlin Dulac give instructions to EDP players at a Lakes Region United practice.

Soccer program provides essential skills to young players

LAKES REGION — Four years ago, local soccer club Lakes Region United established an “Early Development Program” (or EDP) to teach essential soccer skills to players 6-9 years old. The brainchild of Belmont parent Keith Duggan, the goal was to allow young players to develop skills in a fun, local environment.

The program has been extremely popular with parents and budding soccer stars from throughout the Lakes Region. This spring 16 players participated. They were coached by Northfield resident (and member of Belmont High School’s 1998 state championship team) Dave Nelson, with Steve Jordan providing assistance.

Nelson was enthusiastic about the program, saying “We teach them foot skills, decision-making, passing, cuts, pull-backs, and other basic

skills they will be using forever.”

The program involves two practices a week and an organized scrimmage (typically 3v3) every weekend. It runs year round (with indoor soccer at Tilton Sports Center in the winter), but players can sign up for one season at a time.

This fall, as Nelson’s son ages out of EDP, the program will be coached by former college standouts Uni Karlsson and Caitlin Dulac. Karlsson comes from a soccer-loving Icelandic family. He played club soccer in Iceland after helping Gilford High School win a state championship in 1990. His wife, Dulac, was a standout defensive player at New Hampton School before playing for two years at Smith College.

Karlsson and Dulac were recruited by Duggan to lead EDP. Duggan

emphasized the importance of parent coaches for Lakes Region United, a volunteer-based non-profit organization. “We want parents who know the game to realize LRU is the club for them and that they can and should coach. Current and future teams only exist because of the efforts of coaching volunteers,” Duggan said.

Lakes Region United is in its ninth season with more than 120 players from a variety of local towns, including Laconia, Gilford, Belmont, Gilmanton, Meredith, Alton, Moultonborough, Sanborton, Canterbury, Northfield and New Hampton. Parents and athletes can learn more about the club at lrusoccer.com.



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MEREDITH // Beach rights to Lake Winnepesaukee and possible boat mooring! One Bedroom detached condo close to downtown Meredith. New windows, vinyl siding. Low condo fees. Expansion potential. **\$87,000 (4637707) Call 253-9360**

SLEEPER ISLAND - ALTON // 3BR/2BA lake house - pine, fieldstone FP. Excellent condition. Private 130' WF, u-shape dock, just steps into sandy bottom, views. Protected from wind. Mainland slip available. **\$529,000 (4640061) Call 569-3128**

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LAND and ACREAGE

MOULTONBOROUGH // Breathtaking Lake Winnepesaukee waterfront parcel includes a vintage 2Bd. cottage & 2 lots of record. This rare offering also includes your own deeded island. **\$1,899,900 (4630727) Call 253-9360**

MEREDITH // Build your dream home in this nicely maintained and mature development of high end, luxury homes offering views of Meredith Bay and the mountains. **\$234,000 (4639490) Call 253-9360**

ALTON // Ideal country location in East Alton bordering Route 28. This 5.68-acre wooded lot has 315' frontage on Gilman's Corner Road for your driveway. Nice private site for your home. Ideal Lakes Region location! **\$76,000 (4617163) Call 875-3128**

GILMANTON // This 2.3-acre cleared lot with water views of Crystal Lake has a driveway access in place. The town park, beach and boat launch are close by. Preliminary septic plan and survey available! **\$72,500 (4620274) Call 875-3128**

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Wolfeboro \$1,950,000 #4635328
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Ellen Mulligan 603-387-0369



Moultonboro, \$495,000 #4634734
Moultonboro, Lees Pond wide 300' waterfront lot. Very private & quiet area with easy access to main road, Rte. 25. Low tax town. Unique & custom built.
Ellen Mulligan 603-387-0369



Meredith, \$445,000 #4482417
From the moment you enter the large living room you will be drawn to the lake and mountain views of this 3 BR, 2 Bath home.
Nancy LeRoy 603-344-7554 & Kathy McLean 603-455-9778



Gilford \$439,000 #4636425
Private farm house sitting on 59 +/- acres less than a mile north of Gunstock Ski Area. Potential for development. Fields and panoramic views overlooking Lake Winnepesaukee on the backside of the land, and views of Gunstock Mountain on the front side.
Kathy Davis 603-387-4562



Laconia, \$399,900 #4635114
So many business opportunities with high visibility and commercial zoning on Route 3. Great location for retail, "Dunkin' Donuts", laundromat, antique/consignment/E bay shop, restaurant or lounge, located directly across from "Funsport"
Annie Schoonman 603-455-2918



Belmont \$375,000 #4626987
Privately situated on 4.57 acres is this quality built 3 BR home with 2 car garage and in-ground pool plus a barn with generator.
Sean Wallin 603-455-5087



Gilford, \$369,900 #4640022
Charming Mark Island cottage, like new but also designed to look like a true & classic Winnepesaukee camp. Main cottage plus bunk house. Great hiking/walking trails.
Ellen Mulligan 603-387-0369



Belmont, \$329,000 #4606143
Beautiful Contemporary home on over 50 acres for privacy and viewing wildlife, yet close to everything! Custom built features and double walled construction for efficiency. A must see!
Dave Malone 603-455-1358



Center Harbor, \$244,000 #4439184
Great 2 BR, 2 BA detached condo in a small private condo association that backs onto Waukevan Golf Course.
Judy McShane 603-387-4509



Waterville Valley \$184,000 #4617741
Located in the heart of Waterville Valley is this spacious open floor plan townhouse with great natural light. Year round fun with all outdoor activities close by.
Adrienne Michaud 617-827-8751



Moultonboro \$183,500 #4634382
Very desirable Balmoral location on a rare half acre nicely cleared lot. Enjoy the outside with a large wrap-around deck & fire pit. Inside the house is well kept and has plenty of room for the family.
Linda Fields 603-244-6889



New Hampton, \$165,000 #4642053
1 bedroom with loft cottage condo and dock on Lake Pemigewasset. Excellent location with easy access to I-93.
Shelly Brewer 603-677-2535



Laconia \$169,900 #4637275
Stunning loft style in like-new condition is the perfect base for living your Lakes Region lifestyle. large windows, a balcony overlooking a lovely green space, high ceilings, open, bright and airy.
Janet Cramer 603-707-2771



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Gilford, \$99,900 #4633941
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Bill Rathbun 603-707-6209

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Please send letter of intent, resume', three (3) current letters of reference, transcripts and copy of N.H. Certification to:

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SERVICE COORDINATOR

We are seeking to hire a full time Service Coordinator for this family directed region wide program. Responsibilities include, but are not limited to, Development of the new PDMS Programs, advocacy through Service Coordination, ensuring services are implemented within the regulated guidelines while balancing the needs of families; staff recruitment and supervision following all Department of Labor laws and Agency policies; developing and monitoring individual budgets.

Requirements include a minimum of 2 years of demonstrated experiences in Developmental Services or related field, ability to work both independently and as a significant participant of the regional team: ability to, multi-task, and maintain accuracy and confidentiality; strong written and oral communication skills; proficient computer skills including MS Word, Excel, Outlook, and Agency systems as required.

Full time employees receive a generous vacation and sick leave package, 11 paid holidays, mileage reimbursement, may participate in the agency health insurance, 403B plan and much more. This regional position requires extensive travel between offices throughout northern NH.

Candidates, please send cover letter and resume to: Denise Davis at Northern Human Services, 87 Washington Street, Conway, NH 03818, or e-mail ddavis@northernhs.org, or fax to: 603-447-5483.

This position requires a valid driver's license, proof of adequate auto insurance and completion of driver's, criminal and background records checks. Northern Human Services is an Equal Opportunity Provider, and Employer.

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Principal Duties and Responsibilities

- Manage all activities associated with subcontracting of vendors for service and equipment.
- Assist operations management in the installation and maintenance of environmental compliance measures required under Federal, State and Local regulations.
- Assist management in interpreting and applying technical regulatory requirements on production operations.
- Monitor cost control measures for environmental compliance.
- Manage compliance projects at operating sites.
- Stay informed with new developments in regulatory changes in environmental health requirements and incorporate this information into the company's business plan.
- Ensure effective utilization of personnel and respond promptly to the needs of the facility's operations.
- Safety committee creates procedures, analyzes data and makes recommendations for change under the leadership of the EHS Manager.

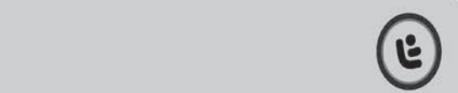
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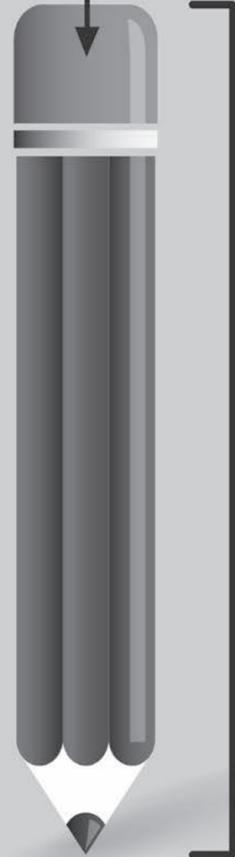
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