

Gilford Steamer

THURSDAY, MARCH 14, 2019

GILFORD, N.H. - FREE

GHS' Sawyer named NH School Counselor of the Year

BY ERIN PLUMMER
mnews@salmonpress.news

A longtime school counselor at Gilford High School has received the award for the top school counselor in the state.

Monica Sawyer was named the New Hampshire School Counselor of the Year by the New Hampshire School Counselor Association and the New Hampshire Excellence in Education Awards Program (Edies). Sawyer was presented the honor during a staff meeting on Thursday.

Sawyer has been a school counselor at GHS for 12 years. GHS Principal Anthony Sperazzo nominated her for this award this year. Having been on medical leave earlier, Sawyer said she wasn't sure if she should go



ERIN PLUMMER

Monica Sawyer receives the honor of New Hampshire School Counselor of the Year from numerous colleagues. From left to right: John Webb of Goffstown High School, and the 2018 recipient of last year's award; Kathleen Hoppa of the New Hampshire School Counselor Association; GHS Principal Anthony Sperazzo; Sawyer; Julie Lichtmann, Director of School Counseling for the Windham School District; and Colleen DesRuisseaux, the Director of School Counseling at Bow High School.

Tax collection up, revenues steady

BY ERIN PLUMMER
mnews@salmonpress.news

Tax collection and revenues were strong for the town into the first month of the year, and the finance department is working on trainings and a technology project.

Finance Director Glenn Waring gave the board of selectmen his regular update during their Feb. 27 meeting, with data and re-

ports through the end of January and early February.

Waring said through the first month of the year, expenditures were in line with where they would be anticipated.

Property tax collections for 2018 remain strong. Waring said by January, they had collected 98 percent, whereas in previous

SEE TAXES PAGE A8

through the process though considering that the principal nominated her she went with it.

Sawyer went through a nomination process. Kathleen Hoppa of the New Hampshire School Counselor Association said going

through the nomination packet and all the letters of recommendation, it became clear that her legacy was not in a single implementation plan or initiative but the ability to "celebrate and champion each individual student."

"Through her expertise in mental wellness and postsecondary planning, Monica has succeeded in developing authentic connections with a diverse population of students and families," Hoppa said.

Both Hoppa and

Sperazzo said one of Sawyer's biggest accomplishments was forming a student wellness center.

"Starting with the administration, Monica planted the seeds for a building-wide mindset shift that acknowledged the social emotional needs of students through the practice of mindfulness," Hoppa said.

Through a number of different district collaborations this center was made possible and the focus on mindfulness for students increased.

Sperazzo said this has transformed one of the multipurpose rooms into a wellness center, working with students and staff members on mindfulness. This year, she got her yoga instruction certification and leads yoga with students.

Sperazzo said this is a tremendous honor for Sawyer. He said she has been in this community for 30 years and has created strong relationships with students, parents,

SEE SAWYER PAGE A8

Entertaining presentation spreads the message on vaping

BY ERIN PLUMMER
mnews@salmonpress.news

High school students and adults alike learned about vaping, its effects, and managing stress and peer pressure from a series

of casual, entertaining presentations last week aimed at different ages.

On Thursday, Robert Hackenson of Dynamic Influence visited Gilford High School



ERIN PLUMMER

Robert Hackenson of Dynamic Influence uses some fun ways to present serious topics during a presentation on vaping.

for a series of presentations on vaping and its risks as well as peer pressure and the influence of marketing. He delivered his messages with some entertaining examples delivered through magic, optical illusion, and fun audience participation. He presented to the school's different grades during the school day and later that night did a presentation for parents.

Hackenson said va-

paping has been largely seen as safe, though at one point cigarettes were seen as safe as well. The marketing on e-cigarettes was initially aimed at smokers who wanted to switch. As more teenagers started using it the marketing switched. Vape devices and e-cigarettes also added flavors like Sour Patch Kids and cotton candy, flavors unlikely to be aimed at adult

SEE VAPING PAGE A8



ERIN PLUMMER

Gilford Middle School performers rehearse for the coming production of "Frozen, Jr."

GMS theater to present "Frozen"

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford High School stage will be turned into the snowy

land of Arendelle as Gilford Middle School students get ready for the coming production of "Frozen, Jr."

Disney's popular tale will be the next GMS production with students busy working on the show.

In Disney's "Frozen," sisters Elsa and Anna have been in solitude for most

SEE FROZEN PAGE A8

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Mark: Hey Nancy. We are so excited for your new T'ai Chi Chih program at the library! What is T'ai Chi Chih?

Nancy: T'ai Chi Chih is a set of 19 movements and a pose focused on the development of an intrinsic energy we call Chi. It is a meditative practice of 'joy through movement'. I like to call it 'mindfulness in motion,' if that doesn't sound too corny. All the movements are slow and gentle, making them doable by just about anyone, regardless of age,

weight, and physical ability.

Mark: Neat, but why do you do Tai Chi Chih, and how did you learn?

Nancy: Simply, it makes me feel good. It helps me focus on the present moment. I learned from a Roman Catholic Nun in Texas when a friend gave me a gift of classes during a particularly trying time in my life. Even for people starting out, it's possible to feel the benefits immediately and you can learn the whole thing in eight weeks. Medical studies have shown that

practicing Tai Chi Chih can dramatically reduce stress, increase energy, improve balance, concentration, and focus.

Mark: It sounds like it has worked for you, certainly. Who can participate in this program?

Nancy: Anyone. It is simple, meditative, gentle movements. Tai Chi Chih allows for adaptive methods, like doing movements seated, so that people with physical limitations can participate as well. There's no special clothing or equipment required, and it is quick to learn. Once you learn the 19 movements and 1 pose and practice regularly, you're there!

Mark: Brilliant. I'm sure that people would love to get started. Where and when is this program taking place?

Nancy: We're hosting the class here at the Library in the meeting room. Starting April 1, we're meeting on Monday's from 9:45-11 a.m. Both TaiChiChihNewHampshire on Face-

book and TaiChiChih.org are places people can go to learn more about the program. I'm here at the library a lot too, so say 'Hi' if you see me!

Classes & Special Events March 14 - March 21

Thursday, March 14
Geri Fit, 9-10 a.m.
Music and Movement, 10:30-11:30 a.m.
Homeschool Game Club, 1:15-2:30 p.m.
Teen Game Club, 2:30-3:30 p.m.
Conversational French, 4-5 p.m.
Foreign Movie Night, 7-9 p.m.
Join us every month for a film from a different country. This month's movie is "The Beauty Inside," and unrated film from South Korea.

Friday, March 15
Social Bridge, 10:30 a.m.-12:30 p.m.
Preschool Storytime, 10:30-11:30 a.m.
Knit Wits, 1:30-2:30 p.m.
Conversational German, 2:30-3:30 p.m.

Monday, March 18
Fiber Friends, 10 a.m.-12:15 p.m.
Baby/Toddler Storytime, 10:30-11 a.m.

Mahjong, 12:30-3 p.m.

Tuesday, March 19
Geri Fit, 9-10 a.m.
Hook Nook, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Social Bridge, 10:30 a.m.-12:30 p.m.
Spanish Camp, 3:30-4:30 p.m.

Hola, amigos! Spanish camp will provide a basic introduction to the Spanish language and culture. Examples of what will be learned are simple conversations, numbers, colors, names of animals and what animals say in Spanish, as well as other topics. We will also explore the cultures and people of various Spanish speaking countries. This will be accomplished through activities, stories, songs, projects, and games. Grades 1-4. Sign-up required.

Book Bites, 5-6:30 p.m.
Every month, come make and taste some fantastic foods from wonderful cookbooks, magazines, and more. The theme for this month's Book Bites Cookbook Class is Soups and Stews. Sign up at the library, cost is \$5.

Wednesday, March 20
Line Dancing, 9-10:30

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

Teen Early Release Mirror Glaze Cake, 12:30-1:30 p.m.

Make mirror glaze for a cake that will look so good, you won't want to eat... who are we kidding--we're gonna eat that cake.

Early Release Activity: Homemade Bath Bombs, 1:30-2:30 p.m.

This early release, come and make a bath bomb! Ages K-4, younger kids with caregiver.

Thursday, March 21
Geri Fit, 9-10 a.m.
Music and Movement, 10:30-11:30 a.m.

Lunchtime Book Discussion, 12:30-1:30 p.m.

This month's book is Exit West by Mohsin Hamid, described as a "great romance that is also a story of refugees." Copies are available at the front desk, and the discussion will be led by Mark Thomas.

Homeschool Game Club, 1:15-2:30 p.m.

Teen Game Club, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Evening Book Discussion, 6-7 p.m.

See 'Lunchtime Book Discussion' above.

Gilford Public Library Top Ten Requests

1. "Becoming" by Michelle Obama
2. "Educated" by Tara Westover
3. "The Chef" by James Patterson
4. "Where the Crawdads Sing" by Delia Owens
5. "The Silent Patient" by Alex Michaelides
6. "The Wedding Guest" by Jonathan Kellerman
7. "The Great Alone" by Kristin Hannah
8. "Bad Blood" by John Carreyrou
9. "A Spark of Light" by Jodi Picoult
10. "The Threat" by Andrew McCabe

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GILFORD POLICE LOG

The Gilford Police Department responded to 191 calls for service and made the following arrests during the week of March 4-10. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication

Eric Blanchette, age 47, of Laconia was arrested on March 4 in connection with three outstanding bench warrants. Melony L. Diaz, age 46, of Laconia was arrested during the same traffic stop for Operating with an Expired License (subsequent).

Joshua E. Ripley,

age 26, of Gilford was taken into protective custody for intoxication on March 5 and subsequently charged with Criminal Mischief.

Shayna M. Thibedau, age 18, of Belmont was arrested on March 6 for Simple Assault-Physical Contact or Bodily Injury.

Alyssa Sheehan, age 20, of Rochester was arrested on March 7 for Simple Assault-Physical Contact or Bodily Injury.

Heather A. Garran, age 30, of Rochester was arrested on March 7 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Michael S. Kernan,

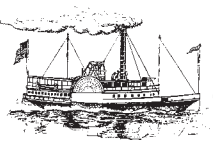
age 48, of Weare was arrested on March 8 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, and driving an Uninspected Vehicle.

Jennifer L. Walker, age 37, of Laconia was arrested on March 8 for Theft By Unauthorized Taking or Transfer (Larceny).

Shane M. Donovan, age 27, of Laconia was arrested on March 8 for Willful Concealment.


Kenneth S. Ross, age 39, of Bristol was arrested on March 8 on two counts of Willful Concealment and Theft By Unauthorized Taking in an amount totaling less than \$1,000.

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Penny Pitou Travel sponsors region's largest travel show for eighth year

GILFORD — On Saturday, March 30, Penny Pitou Travel will once again be hosting the largest Travel Show ever done in the Lakes Region at Contigiani's Event Center at 140 Country Club Rd. in Gilford.

"Passport To The World Travel Show" will be an exciting day of exploring the world with special presentations by travel experts. If you love travel, this will be the place to be. The doors will open with free admission at 10 a.m. to the public. For the first 50 people through the door at 10am and noon there will be a "I Love Scotland" bag, courtesy of Penny Pitou Travel. There will be great door prize drawings throughout the day, culminating in a Grand Prize Giveaway - A trip for two to Scotland on our Scottish Dream Tour in September.



Roundtrip transportation to the airport from Concord, Roundtrip air to Scotland, Hotels, Many meals, Activities. No substitutions are allowed on this prize. No purchase necessary to win. Attend the show, have your passport stamped and one special presentation stamp and enter to win. There are many choices when planning

your vacation or next adventure, there are also many questions. By gathering travel experts from across the travel spectrum Penny Pitou Travel hopes to help with those questions and decisions.

Featured travel experts attending the show are: Sea Dream Yachts, Star Clippers, CIE Tours, Aruba Dept of Tourism,

Rocky Mountaineer, Un-Cruise Adventures, Abercrombie & Kent, Globus Journeys, Avalon Waterways, Sandals, Beaches, AMA Waterways, Celebrity, Silversea, Trafalgar Tours, Travel Impressions, Princess Cruise Line, Crystal Cruises, Viking Cruises, Royal Caribbean, Insight Vacations, CIAO Italy/ Carrani Tours, Quest

Travel Adventures, Scenic, Uniworld, Norwegian Cruise Line, Collette, Club Med, AIG Travel Insurance, Marriott Resorts, Lakes Region Airport Shuttle, Holland America, St. Martin/St. Maarten Tourism.

Penny Pitou Travel invites you to take a vacation without leaving the Lakes Region. If you enjoy travel this is the place to be.

Kim Terrio, Executive Vice President, says, "If you want to learn about destina-

tions you have been interested in or just love travel, or maybe planning your honeymoon or next adventure, we have you covered."

The doors to the show will open at 10 a.m., and the show will run until 2 p.m. The show will be at Contigiani's Event Center, 140 Country Club Rd., Gilford. The public is welcome, and admission is free. More details on the Penny Pitou Travel Facebook page or at pennypitoutravel.com.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Moment-um Water Street Café Trip on March 18

The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, March 18. We will be meeting at 10:45 a.m. at the Water Street Café on Water Street in

Laconia to enjoy a late breakfast or early lunch, your choice! Participants will order right off the menu and will be responsible for the cost of their own meal. Participants are asked to RSVP by Friday, March 16.

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

Tickets available for Red Sox bus trip on July 16

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 Tuesday, July 16 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: \$72 per person or \$270 for a four-pack

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



COURTESY

Gigi Johnson named 2019's Champion for Children

Gigi Johnson was recognized on March 4 at the Gilford School Board meeting as the recipient of the 2019 Champion for Children Award for the Gilford School District. The Champions for Children award program was established by New Hampshire School Administrators Association as a meaningful way to recognize New Hampshire citizens who have given distinguished and voluntary public service to benefit children. Winners must embody, through action, the guiding principles to champion efforts designed to successfully provide for the needs of all children. Their recognition reflects unique and special service above and beyond their normal duties.

Celebrate St. Patrick's Day with traditional Irish dinner at the Gilford Community Church



Whether you claim Irish heritage or not, you're invited to partake in a tasty and fun St. Patrick's Day dinner on Saturday, March 16 at 6 p.m. at the Gilford Commu-

nity Church on Potter Hill Road in Gilford Village.

"We will be serving a traditional corned beef dinner with cabbage, rutabagas, carrots and other vegeta-

bles," explains Gilford Community Church Hospitality chairperson Eloise Post. "We also make traditional Irish Soda Bread and

church members bake homemade carrot cake for dessert."

The Gilford Community Church has SEE IRISH DINNER PAGE A9

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OPINION

Pet of the Week: Alice



This ultra sweet 2 year old mix came to us in January from the south and she would really love to find her people here in the lakes region and explore the beauty of the area with you. Being young, she's still quite the puppy, active, playful and ridiculously loving. She does seem to have some vision issues, although it's nothing too serious. She is pretty good with other dogs, although for some she might be a bit too much, in the energy department. She's learning

how and when to chill and that most humans don't like it when she jumps up for attention. Ideally this beautiful girl would love an active family with teenage kids another dog in the house and even a dog savvy cat. She's the type of girl who will give you a smile on even the cloudiest of days. Food is definitely a great motivator in educating her on the polite ways of the pup. so Go ask Alice, I think she'll know how to bring you eternal joy, laughter and love.

MARK ON THE MARKETS

Happy anniversary, bull market!



BY MARK PATTERSON

If you have ever put money into a mutual fund and discovered that the proclamation of return did not line up with your real return of dollars, then there could be several reasons. The net return could be affected by the fees and commission charged by the fund that can vary between funds, fund companies and share class. But another issue is the manner in which the return is calculated or advertised. This concept not only

relates to mutual funds but to overall performance of the markets as they relate to your dollars. Without even calculating any fees or commission you pay, let's just say you invest \$100,000 in a low cost S+P 500 index fund. The first year in the index losses 40 percent, much like 2008. You now have \$60,000 in your account. But then the market snaps back the following year and advances 40 percent. Well if I lose 40 percent, then gain 40 percent, I should be even, right! Well, why do I only have \$84,000 in my account? Because a 40 percent gain on \$60,000 is only \$24,000. So the next year the index is up 10 percent, sending the three year average to a positive number but my account only has \$92,400 in it. Following a 40 percent loss, you would need a 67 percent return to just get you back to even, OUCH! The math SEE **MARKETS** PAGE A9

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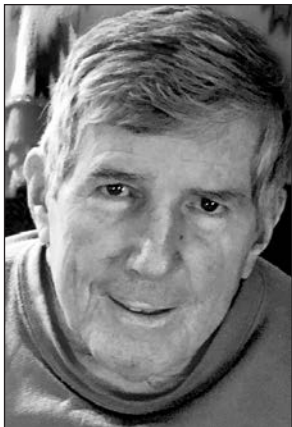
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We're looking forward to hearing from you!

NORTH COUNTRY NOTEBOOK

The silence is crushing, so just go get a machine



By JOHN HARRIGAN
COLUMNIST

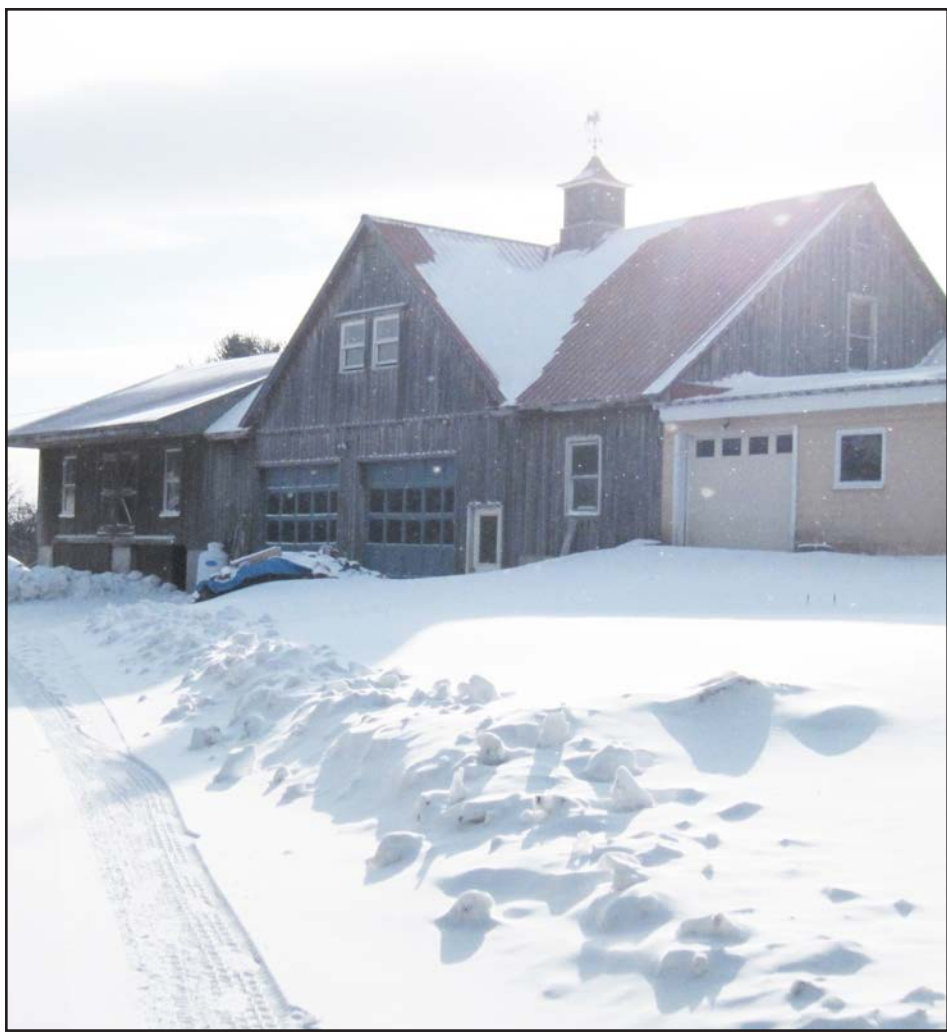
My house is quite a quiet place, especially when I'm not catching something on radio or television, and the snow muffles everything else. It is so quiet that some guests, unnerved by such silence, have brought wave machines.

In a way, it reminds me of the printing presses I've run, particularly the last one, a 30-foot Miehe-Goss-Dexter Web press. It made so much noise that we wore Micky Mouse ear protectors. Yet it had a rhythm, and when everything was running right, and we were humming along at 10,000 copies an hour, we listened for the slightest deviation.

Once in a great while, some wise guy perceiving all this would drop a wrench onto the concrete floor. Our hearts leapt into our throats. He thought it was funny and was quickly shown the door.

+++++

I'm a people-watcher and have watched how people handle silence, as in the doctor's waiting room or in line at the ATM. People who seem disinclined or unable to read for enjoyment



JOHN HARRIGAN

Mid-winter's snow pack has a way of muffling noise, some on the outside that never gets inside.

will tap their fingers on the waiting room table or bounce one leg over the other. Men in line will jiggle their pocket change. This drives some people (me) even crazier than they already are.

Part of this is because our society has become so infatuated with (and saturated by) radio and TV. And television and radio producers have been trained to fear and loathe a silence gap--any silence gap. Some producers fill these gaps with music, and others with drivel.

"What's that?" you say. "Drivel?" This is a line from a movie whose title I've temporarily misplaced. Readers tend to be quick to help on these things.

But should a silence gap occur, it'll instant-

ly be filled by the city's or suburb's own background noise. When I first began visiting Manhattan, I could not understand why I was getting so tired, so soon. It wasn't the walking, it was the background noise--the sheer impossibility of finding or making silence.

+++++

In a silent house, any rap on the door sounds like a gunshot. This happened to me just the other day, when a "Rat-tat-tat-TAT!" brought me straight out of my chair.

I looked hither and yon for vehicle or visitor. Fierce winds sometimes hurl snow shovels around on the front porch, but with a sigh the wind pled in-

nocent. And then, as I was hovering around the front door, it came again: "Rat-tat-tat-TAT." It was coming from the front soffit.

It was a woodpecker, of course, which I thought from just a glimpse as it flew off was a downy woodpecker, but of course it could have been a hairy woodpecker, because I only saw it for a snippet.

"What a hammer-head," I yelled after the bird, a term Rudy Shatney so often used during my years at Clarksville Pond, then as now a term of endearment.

(Please address mail, including phone numbers, to camp-guyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

FROM OUR READERS

Join us at Pub Mania events to benefit the Children's Auction

To the Editor:

I want to invite the public to attend the 6th Annual Gift Card Gala at Patrick's Pub on Sunday, March 24, starting at 4 pm. Over \$4,000 in gift cards and prizes will go home with lucky game winners who will play a game like bingo for only \$1 per game card. Get 25 percent off your Patrick's food purchases during these games. Made possible by gathering donations from dozens of businesses, the biggest winner will be the Greater Lakes Region Children's Auction, as they will receive 100 percent of the proceeds.

But, we're not done! Pub Mania teams offer many ways to be involved. Join us on Wednesdays starting on April 17 through June 5 to par-

ticipate in the Pub Mania Shuffle at Patrick's. Your \$10 donation to the team of your choice includes a complimentary beverage and prize raffle. Café Déjà Vu team sponsors friendly games of cribbage on Wednesdays at 7 p.m. at the Laconia Elks through May 29.

Pub Mania teams will be busy all year preparing for the 11th Annual Pub Mania on Dec. 5-6. Visit www.patrickspub.com or join the Patrick's Pub Mania Facebook group page to stay informed about future events.

Judi Taggart
Tagg Team Pub Mania Team
Gilford

Find out everything you ever wanted to know about the Supreme Court

To the Editor:

Did you ever wonder what a SCOTUS is? Well, you will have a chance to find out on Thursday, March 14, at the Taylor Community's Woodside Building, in Laconia, starting at 6:30 p.m.

At that time and place, you will have a chance to find out almost everything you wanted to know (perhaps even more than you ever wanted to know) about the Supreme Court of the United States- i.e. SCOTUS.

The undersigned, a longtime lawyer and Constitutional scholar, and a former state representative from Gilford & Meredith, will hand out free copies of the Declaration of Independence & the US Constitution, and will explain the origin of that old saying "Don't make a federal case out of it!"; as well as the differences between our

state courts and the federal courts; how a case gets to SCOTUS; how cases are decided by SCOTUS; some critical issues that may be examined or re-examined by SCOTUS in the near future; the composition of SCOTUS and what will happen when there are some upcoming vacancies; etc. And there will be some predictions of at least one critical upcoming decision by SCOTUS.

There should be time for Q&A, and at the end of the presentation, you should feel confident in applying to, and completing, law school so you can thereafter join the ranks of un- or under-employed lawyers in our country.

Please attend and bring your friends.

Norman J. Silber
Gilford

United Methodist Church launches “40 Days of Giving” collection drive

The First United Methodist Church is once again looking toward what we can do for the needy with the Lenten program “40 Days of Giving.”

Lent is a time to consider our spiritual growth as we remember the sacrifice that Christ made for us. What better way to start this process than to give to others? This year the primary focus for “40 Days of Giving” will be providing non-perishable food items and personal hygiene items for Isaiah 61, who serve the homeless, and the Laconia High School food pantry.

Running through Lent, concluding on April 20, the church will be collecting non-per-



ishable foods and personal hygiene items or financial donations. Church members have been challenged to donate one item each day during the 40 days of Lent. Anyone wishing to participate in the 40 Days of Giving is welcome to bring items each Sunday of Lent, or drop items off Monday - Friday from 8:30 a.m. until noon at the church office. Items being collected include the following:

Non-perishable food items: canned meat, vegetables, soups, and fruit, macaroni & cheese or rice, baked beans, spaghetti sauce, boxed hot and cold cereals, hot chocolate mix, juice, peanut butter, pasta, tea, cof-

SEE 40 DAYS OF GIVING PAGE A9

WinnAero offers teacher workshop opportunities

GILFORD — WinnAero, the aviation and aerospace-themed education non-profit group, is based at the Laconia Airport and provides STEM educational opportunities for youth. The group also provides a series of teacher workshops for professional development. The next teacher series is scheduled for March.

These hands-on workshops, taught by veteran teacher and aerospace educator Dan Caron, will provide science and technology teachers information and skills they can use in their classrooms to teach STEM subjects related to aerospace. Caron will be assisted in this by the President of WinnAero, herself a science teacher, Karen Mitchell.

“Our purpose is to provide classroom teachers with additional information and experiences to reinforce the teaching of STEM (Science, Technology, Engineering and Math) principles as they apply to flight” said Caron. The workshops, which can be taken individually or in total, are Rockets (March 2), the Space Environment (March 16) and Spacecraft (March 30). Participating teachers will actually do the hand-on classroom work that they will eventually teach their own students. They will also discover granting opportunities that will help them implement the instruction in their own classrooms. These include the Civil Air Patrol, the Air

Force Association, the American Institute for Aeronautics and Astronautics (AIAA) and the National Association of Rocketry. The workshops, while written for Middle School teachers can easily be adapted by Elementary and High School teachers for their students. Caron will show workshop participants how to adapt each presentation. All sessions will begin at 8:30 AM and conclude by 3:30 and are held in the Terminal Conference Room at the Laconia Airport. Light refreshments and lunch will be served. Educational materials are provided by the Aerospace Education Center of the Civil Air Patrol. Grants from the AIAA, the Air Force Association and the Wolf Aviation Fund enabled

Caron to develop each session. Cost of each of the three sessions is \$75 for non-Civil Air Patrol members and \$40 for CAP teacher members. As a bonus, non-CAP teacher members will have \$35 of their initial \$75 payment applied to CAP membership which will entitle them to attend future workshops at the discounted \$40 rate. WinnAero will provide all participants with a Certificate of Completion which may be used for professional development purposes.

To register or for more information about the educational outreach of WinnAero, contact Dan Caron at dwcaron@hotmail.com. To learn more about other activities of WinnAero, visit the website at www.winn-aero.org.

Gilford/Meredith Democrats meet to catalyze action

MEREDITH — The combined Gilford and Meredith Democratic Committees will meet on Tuesday, March 19 at the Meredith Community Center, announced Lynn Thomas of Meredith and Johnna Davis of Gilford, respective Town Chairs. Refreshments and networking begins at 5:30 p.m., and the meeting will begin at 6 p.m. The agenda for the meeting will interest Democrats and left leaning Independents hopeful for continued improvements in our representation at the town, county, state and national levels explained both Thomas and Davis.

The meeting will include local, county and state level political and legislative news updates. The Honor-

able David Huot and Executive Councilor Mike Cryans will be on hand to provide details and answer questions. Of particular interest will be a report on the legislative activity, of our current state legislators representing Gilford and Meredith. Gilford and Meredith are currently a legislative district sharing 4 seats in the New Hampshire House of Representatives.

The Meeting will also include a presentation of the over-arching goals for the next 18 months until the next election. Those who attend will be asked how and what they believe needs to happen to achieve the goals and how they can take part to help make it happen.

The meeting is free and open to the public.

“Mount Rushmore: Monument Men Part III” March 27 at Taylor Community

LACONIA — Witness the rich and tumultuous history behind our nation’s Shrine of Democracy in this stunning new documentary series. Chip into the history of the men whose faces are sculptured and the men who sculpted them in this seven-part

chronicle containing detailed biographies and virtual tours of Rushmore and the Crazy Horse Memorial.

Wednesday, March 27 at 2 p.m. in Taylor Community’s Woodside Theater, we highlight Abraham Lincoln. This free event is open to the public, but


reservations are required by calling Brenda at 366-1226.

A champion of the American Union in its darkest hour, Lincoln’s unbreakable faith in the U.S. and his role in ending slavery earn him a place on Mount Rushmore.

Taylor Community

is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.





How to Submit Obituaries & Announcements To Salmon Press Publications

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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding the submission process.

Prescott Farm hires Volunteer Coordinator

Kathryn Downey is a Catholic Charities NH AmeriCorp VISTA Member

L A C O N I A — Prescott Farm Environmental Education Center is pleased to welcome Kathryn Downey in the newly created position of Volunteer Coordinator.

In her role, Downey will act as liaison between staff and volunteers to enhance and expand the current volunteer program. The structured, sustainable program will invite volunteers with various skills and areas of interest to become part of a team that is mutually rewarding to the volunteer and Prescott Farm.

“I have enjoyed volunteering and working with volunteers since I was a teenager,” Downey said. “So I know it’s important to provide everyone with an opportunity to feel valued and successful. We have created leadership roles for people who already have the knowledge and skills to get started and we have plenty of opportunities for budding nature enthusiasts to expand their knowledge and skills in a variety of areas.”

Downey holds an AA in Studio Arts from the New Hampshire Technical Institute, a BS in Marine Biology from Unity College, and a MS in Environmental Science with a concentration in Environmental Education from Antioch University. She has been teaching environmental programs and managing volunteers since she was a teenager and has worked with various non-profit organizations throughout her career.

“Education is at the heart of everything we do at Prescott Farm,” Executive Director Jude Hamel said. “With Kathryn’s own volunteer experiences, her commitment and interest in the natural world, along with her studies in environmental education, we know her leadership will create opportunities for volunteers with various interests and skills. We want the community to know they can come to Prescott Farm to learn something new, share their knowledge, and enjoy the wonder of all things outdoors.”

Downey comes to Prescott Farm through the Catholic Charities



NH AmeriCorps VISTA program and will serve at Prescott Farm for 12 months. Community members interested in learning more about volunteer and service learning opportunities at Prescott Farm can reach Kathryn at kdowney@prescottfarm.org or 366-5695.

CCNH Mission
Grounded in the life and ministry of Jesus Christ, Catholic Charities New Hampshire responds to those in need with programs that heal, comfort and empower.

AmeriCorps VISTA
AmeriCorps VISTA is the national service program designed specifically to fight poverty. Founded as Volunteers in Service to America in 1965 and incorporated into the AmeriCorps network of programs in 1993, VISTA has been on the front lines in the fight against poverty in America for more than 40 years.

VISTA members commit to serve full-time for a year at a non-profit organization or local government agency, working

to fight illiteracy, improve health services, create businesses, strengthen community groups, and much more. With passion, commitment, and hard work, you’ll create or expand programs designed to bring individuals and communities out of poverty.

Prescott Farm
Prescott Farm is a nonprofit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org.

Engraving, Awards & Gifts exhibits industry leading product lines at NAHB International Builders’ Show

LACONIA — Engraving, Awards & Gifts recently exhibited its unique ceremonial product lines at the National Association of Homebuilders 75th Annual International Builders Show (IBS) held from Feb. 19-21 in Las Vegas. The show attracted over 70,000 attendees, 1,500 exhibitors and covered 700,000 square feet in and out of the Las Vegas Convention Center. Engraving, Awards & Gifts, a member of the Lakes Region Builders & Remodelers Association and the NH Homebuilders Association, attended this show for


the first time and was met with much enthusiasm. Over the last decade the company has become a world leader in the ceremonial groundbreaking and ribbon cutting event product categories.

The EAG booth showcased the company’s personalization skills on construction themed products as well as the company’s hallmark gold shovels, chrome shovels and ceremonial ribbon cutting scissors. A digital display slideshow highlighted many of the company’s notable

customers and projects, including a recent stadium groundbreaking for the Las Vegas Raiders. Engraving, Awards & Gifts was represented by Owner and President Bob Powers, Sales Manager Nathan Thorsell and Sales Associate Cheryl Hemcher-Neal.

About Engraving, Awards & Gifts
Headquartered in Laconia, Engraving, Awards & Gifts is a leader in the personalized and ceremonial products industry.

SEE NAHB PAGE A9



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Interlakes Children's Theatre hosting auditions for summer season

MEREDITH — Auditions for The Interlakes Children's Theatre will be held March 23 at the Inter-Lakes Community Auditorium from 10 a.m.-3 p.m.

This summer's

shows include “Annie, Jr.,” “Shrek, Jr.,” “Wizard of Oz, YPE.” Each show rehearses for two weeks and has two performances.

Rehearsals are held from 10 a.m.-1 p.m. Tuesday through Sunday. Teens and tweens, ages nine to 18 may participate in one, two or three productions, depending on their summer schedules. There is no fee for this program. Directors, Music Directors and choreographers are also participants in the professional Interlakes Summer Theatre professional Company. Auditionees should prepare a song and wear comfortable clothes for dance combination. To get an appointment, please call 707-6035 or email interlakes theatre@gmail.com. Appointment groups will be on the hour.

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Wright Museum Inspires Veterans

WOLFEBORO — For many visitors, the Wright Museum in Wolfeboro is a trip back in time that keeps the history of American freedom alive.

“The museum is a place that sparks a lot of emotion for visitors and most importantly, veterans,” said Executive Director Mike Culver.

The region’s leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the homefront and battlefield.

Wendell Whitcher, 85 year old Korean War Vet and retired history teacher, said he visited the Wright Museum twice in one month.

“People don’t really understand what we went through,” said Whitcher, who served in the Korean War from 1953 to 1955 and

whose four brothers served in the military. “We gave up a lot, but we were willing to at the time.”

In visiting the museum, Whitcher said he especially enjoyed remembering the past. His first visit was with his grandson. A week later, he returned with two fellow veterans.

“I like the way the museum is set up,” he said. “The yearly timeline of events covers just the right amount of information. It shows people the weapons we used and what we sacrificed to gain peace.”

Whitcher said he particularly appreciates the museum for teaching people what life was like during the war. He said the museum shows not only what the men went through, but what the women did back at home, which included assisting the Red Cross and



Wendell Whitcher

COURTESY PHOTO

making items to send to troops.

He noted his trips to the museum also provided him with a sense of pride for his contribution.

“I remember going to a church that housed child refugees,” he recounted. “The kids

were very happy--and to them, there was no war even though disaster was all around them. Seeing the kids reminded me of home and made me want to contribute more.”

“Wendell is an example of the many people that come to visit the museum,” added Culver. “It is a very intense experience for all Americans.”

Whitcher agreed, and said it is important for people today to understand history and the struggles that brought America to where it is today.

“As a boy, I remember wanting to get a

banana to eat, but we didn’t have access to them during the war,” he said. “It is important to remember the small things we take for granted.”

“My mother was not happy when my brothers and I had to go, but when it came time you did what your country asked you to,” he added. “That’s the way it was then...I was happy to do something good, but even happier to come home.”

To learn more about the Wright Museum, its 25th anniversary in 2019, or special exhibits, visit wrightmuseum.org.

Pianist Paul Dykstra in concert March 24 at Taylor Community

LACONIA — Taylor Community’s 2019 Concert Series, sponsored by Bank of New Hampshire, continues Sunday, March 24 at 3 p.m. with Pianist Paul Dykstra. This event will be held in Taylor’s Woodside Building and is free and open to the public.

Dykstra will present music by Beethoven, Chopin and Strauss. This is the seventh season for the concert series, which provides free first-class musical programs in various genres for both Taylor residents and the local community.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our



COURTESY PHOTO

Paul Dykstra

events on Facebook. For more information about active senior living, visit

our Web site at www.taylorcommunity.org, or call 524-5600.

James Cagney is a “Great Guy” on LRPA this weekend

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (March 15 & 16) for our “LRPA After Dark”

presentation of 1936’s seldom-seen crime drama “Great Guy,” starring James Cagney and Mae Clarke. Stay with us after the movie – we’ll run a Three

Stooges short and a vintage cartoon!

The plot for “Great Guy” is fairly straightforward. Retired prize-fighter Johnny Cave SEE **GREAT GUY** PAGE A9

“Harriet the Spy” opens March 22 in Meredith



COURTESY

Patte Sarauský of Laconia directs a rehearsal with just some of the large cast of student performers preparing for the Winnepesaukee Education Department production of “Harriet the Spy,” set to open March 22. Four performances that weekend include evenings and matinees at the Theatre, 33 Footlight Circle, Meredith. Tickets at www.winnipplayhouse.org or by phone 279-0333.

MEREDITH — “Remember writing is to put love into the world, not to use against your friends.” That’s the wisdom Ole Golly shares with her charge Harriet in “Harriet the Spy,” the next production of the Winnepesaukee Playhouse Education Department, set to open March 22 in Meredith.

The eponymous Harriet – armed with a notebook, rather than a smart phone – can use the advice. The precocious 11-year-old fashions herself a spy, taking notes on all around her with equal impunity and unfiltered by tact. An only, and some would say privileged, child,

Harriet spends much of her home time with a loving nurse/nanny Old Golly, with her friends at school, and on her established observation/spying “route.” It’s the kind of pastime that leads to disruption in her friendships and her home, especially when her notebook is found and read by many of the subjects of her secretive activities and observations.

Originally published in 1964 as a novel by Louise Fitzhugh, Harriet’s antics have not always been applauded by teachers and parents. The stage version from playwright Leslie Brody offers audiences live –

and lively – characters delivering an engagement with the story beyond the written page.

Patte Sarauský of Laconia is directing the cast of 23 student performers: Riley DeGange as Harriet; Svea Mellor and Santi McCulloch as her parents; Essie Humphrey as Ole Golly; Claire Neely as Cook; Forrest Hamel and Phoebe DiBona-Liberatore as pals Sport and Janie; and Zoe Zimmer, Aliya Walthall, Stella Bamford, Shelby Luther, Addison Duncan, Sophia Fessenden, Renesme Ivers, Ben Bousquet, Parker Tirrell, Adaline Ross, Emaline Leandro, Lilah

SEE **HARRIET** PAGE A9

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Edward Jones: Financial Focus

Who Can You Trust to Reduce Stress of Estate Planning?

When it’s time to do your estate planning – and it’s actually never too soon to begin – you may find the process, at first, to be somewhat bewildering. You’ll have many questions: What sort of arrangements should I make? Who should get what? And when? How can you address these and other issues? You’ll need to get some help. In drawing up your estate plan, you will need to work with an attorney. And for guidance on the investments that can help fund your estate planning arrangements, such as a living

trust, you can draw on the help of a financial advisor. You also may want to connect with a trust company, which can help facilitate your estate plans and coordinate the activities of your legal and financial professionals. Of course, you might think that only the very wealthy need a trust company. But that’s not really the case – people of many income levels have long used these companies. As long as you have a reasonable amount of financial assets, you likely can benefit from the various services provided by a

trust organization. And these services can range from administration of a variety of trusts (such as living trusts and charitable trusts) to asset-management services (bill-paying, check-writing, etc.) to safekeeping services (such as providing secure vaults for jewelry and collectibles). In short, using a trust company can make things a lot easier when it’s time to plan and execute your estate. A trust company can help you in the following ways:

Avoiding family squabbles – It’s unfortunate, but true:

Dividing the assets of an estate can cause ill will and turmoil among family members. But a trust company can act as a neutral third party, thus minimizing any feelings of unfairness.

Providing greater control – When you establish an arrangement such as a living trust, administered by the trust company, you can give yourself great control over how you want your assets distributed. For example, you can specify that a certain child receive portions of your estate spaced out over several years – a move

that may appeal to you if you think this child might not be ready to handle large sums all at once.

Saving time and effort – As mentioned above, when you work with a trust company, you can let it do all the “legwork” of coordinating your plans with your financial professional, tax advisor and attorney. And these professionals are used to dealing with trust companies.

Gaining Protection – Trust companies assume fiduciary responsibility for your financial well-being – which

means that your best interests will always be considered in each service and transaction performed. You can choose from among a variety of trust companies, large and small. Before choosing one, you may want to check out the services and fees of a few different firms. In any case, as you move toward that time of your life when estate planning becomes more essential, talk to your attorney, tax advisor and financial professional about whether using the services of a trust company might be right for you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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SAWYER

(Continued from Page A1)



ERIN PLUMMER

Gilford High School counselor Monica Sawyer receives the award for New Hampshire School Counselor of the Year.

and community members.

“She just works tirelessly for the students,” Sperazzo said.

Sawyer said she was “completely over-

whelmed” by the honor. She said his is her community and the families she works with know “my heart is in the game.” She said she hears from

former students and even the kids of former students.

“The better I get to know families the more I can help,” Sawyer said.

TAXES

(Continued from Page A1)

years, they had collected closer to 96.3 percent. There was an outstanding balance of \$624,000, in previous years that balance has been around \$1 million.

As of Monday, Feb. 25, the operating cash balance was \$407,923 and they had \$1,174,890 in cash investments.

Waring said cash flow projections are “certainly projected to be sufficient to meet all of our anticipated

needs for 2019.”

Since the last report to the selectmen in July, Waring said members of the staff have attended a number of trainings including budget and financial workshops as well as human resources and payroll training. Staff will take part in trainings held by different federal and state offices, including the US Department of Labor, Governor's Finance Office, and New

England States training.

In technology, the department's main project for this year is looking into electronic document management options for accessing files. He said he will probably have more information on this for his next six month update and bring a proposed plan to Dunn for assessment and electronic document management.

VAPING

(Continued from Page A1)

smokers. Companies are also promoting vapes and e-cigs on social media like Instagram and Snapchat, platforms more used by teens than adults.

“They made it look cool, they made it look attractive; people having fun with it,” Hackenson said.

Hackenson said vaping liquid doesn't contain water but oil. One of the ingredients propylene glycol, which many people say is safe to use for vaping since it is approved by the Food and Drug Administration. Hackenson said propylene glycol is FDA approved for oral consumption, where stomach acids can break it down. It cannot be broken down if it gets into the lungs, where it can settle in and cause inflammation among other issues.

Hackenson said the long term effects of vaping are still being researched and more study is needed. Vaping has been connected to bronchitis, chronic inflammation, and could lead to COPD and some cancers.

He said vaping can cause dry mouth. One indicator parents can watch for is the child regularly carrying around water, juice, or other drinks. It can also cause nosebleeds, gum bleeding and inflammation, and cavities.

The nicotine in vape devices is more concentrated. Hackenson said every Juul pod contains as much nicotine as a pack of cigarettes. One other indication of vaping is the teen avoiding sources of caffeine because the combination of caffeine and high nicotine causing increased heart rate and

nervousness.

There have been instances of people having serious reactions to vaping, such as wet lung and rashes.

Hackenson said use of substances such as nicotine and THC by teens can change their maturing brain chemistry and alter how their brains work for the rest of their lives. Hackenson said many teens say cannabis is legal to justify why it's okay to use, but Hackenson said cannabis is legal for people over 21 in many places: the same as the drinking age, an age when the brain has fully formed. These substances can also exacerbate mental health issues such as depression and anxiety.

Vape devices have become easy to conceal with many looking like USB sticks, hollowed out pens, and others. There is even a company of devices called Vapewear where vape devices are concealed, such as looking like a pull cord on a hooded sweatshirt. Hackenson said while vaping used to release clouds of smoke, that has been minimized. He said it is possible for kids to vape in the back of class.

Modified vape devices have exploded and have resulted in deaths.

Hackenson lso talked about managing peer pressure. He said said peer pressure isn't just someone goading someone into doing something, it's usually a sudden decision made when surrounded by peers.

“As much as we want to be individuals, we're scared of being excluded,” Hackenson said.

Hackenson said

parents can help steer their children away from peer pressure by giving them a way out of the situation. If a teen is in a situation where everyone around them is vaping or smoking they can text a parent with a signal to call them right then. A parent repeatedly saying they won't tolerate vaping and the teen able to say in that situation they would get in trouble with their parents. A parent can also role-play a scenario with their children.

Ways to help teens avoid vaping and substance use is teaching them healthier ways of dealing with stress. While people are usually taught stress is bad, Hackenson said stress can be good and kids can be taught how to embrace it.

“View it as your body's fuel,” Hackenson said.

Hackenson said parents can have an influence as well. He said parents can come home after a difficult day and get a drink, though their kids might see this and link alcohol with stress relief. If a parent comes home after a hard day and meditates or exercises, that will also have an influence on their kids.

Kids also need to be taught that it's okay to fail and how to get through it and how pressure can lead to growth.

He said every child that does well has at least one stable adult in their life, especially parents.

“The fact that you guys are here tonight shows you're caring adults,” Hackenson said during the evening presentation.

FROZEN

(Continued from Page A1)

of their lives due to a curse on Elsa that gives her powers of ice she cannot control. After being crowned queen, circumstances result in Elsa's powers being unleashed. While Anna tries to reach out to her sister, Elsa wants to stay away from her for fear that her powers

could hurt her.

Eighth grader Maria Uiker and seventh grader Avery Hennig both play Elsa.

“She's a good soul, she wants to do what her sister can do (but) she can't,” Uiker said.

Uiker said Elsa is always scared of what she could do to other

people if her powers get out of control.

“Since I know the songs so well, it's cool that you're singing them,” Hennig said.

Seventh grader Addy Wernig and eighth grader Camryn Marshall play Anna.

Wernig said while SEE FROZEN PAGE A9

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IRISH DINNER

(Continued from Page A3)

been hosting the St. Patrick’s Day dinner for more than 20 years, and Post estimates she has been doing the dinner for about 10 years. Her skills as a creative cook are well known, and she also relies upon the talents of church members who enjoy cooking when putting on a dinner as big as the St. Patrick’s event.

“We have men and women in the church who like to cook. For this event,” Post says, “a group of women in the church shop for the supplies and peel and

chop vegetables. Some of our church members will be cooking the dinner at the stoves in the church kitchen; these men are well-known church members who relish cooking up the traditional Irish dinner. It’s a lot of work, but a lot of fun as well.”

Indeed, the preparation for the annual dinner sees Eloise and her helpers shopping for all the ingredients; she says they purchase about 100 pounds of corned beef, among other food on the shopping list. This will feed dinner attendees,

which number around 100 or more people each year.

Making the traditional Irish Soda Bread, a favorite every year for the dinner, is Post and some of the women in the church. Carrot cakes are made and donated by members as well, rounding out the baked goods for the popular dinner.

The fellowship hall of the church will be decorated for the St. Patrick’s Dinner and taped Irish music will be played in the background to add to the festive atmosphere.

“All are welcome to attend this fun and delicious event!” says Post.

Tickets for the March 16 St. Patrick’s Dinner are \$16 for adults and \$5 for children age 12 and under. You can purchase tickets by emailing: eloise@metrocast.net or by calling 986-6723. You may also pay at the door the night of the event.

For information on other Gilford Community Church events or services, please call the church office at 524-6057.

FROZEN

(Continued from Page A8)

Elsa’s a queen, Anna is more of a princess, and has a quirky personality.

“Anna is not your regular royal; she’s chill, she goes into town,” Marshall said.

Marshall said Anna is also figuring out what love is, especially how she declares she’s in love with Hans after they’ve known each other for a few minutes.

“All those years of solitude, she doesn’t know much about communicating with other people,” Marshall said.

All of the students were excited when they found out about “Frozen.”

“I was very relieved we were doing a show I really loved for our last middle school show,” Uiker said.

Wernig said the weekend before the show was announced she happened to think about how fun it would be to do “Frozen.”

“I wasn’t worried

about what (part) I was going to get, I knew it was going to be fun,” Wernig said.

Marshall said it was going to be nice to do this show because everyone’s already familiar with it.

The performers are excited for the different sets and costumes. Uiker said she is especially excited for Elsa’s classic blue ice costume.

Wernig said when they were doing Broadway, Jr. in New York City, they saw “Frozen” on Broadway. While their set won’t be quite as detailed, she said seeing that made them even more excited for this show.

“Watching it live on Broadway and having us performing it is really cool,” Wernig said.

While the Broadway production adds some more details and characters, the performers said this production will be more like the movie.

40 DAYS OF GIVING

(Continued from Page A5)

fee, canned milk, etc. Please, no glass jars of any kind.

Personal Care items: Feminine products, shampoo, bath soap,

disposable razors, shaving cream, deodorant, laundry detergent, etc.

A donation of \$1, 50 cents, 10 cents per day

- whatever works – designated for the FUMC with a note on the note line - Missions Committee Lenten Project.

The church is located

at 18 Wesley Way (off Route 11A near the 3/11 bypass), Gilford. If you have any questions, please call the church office at 524-3289.

NAHB

(Continued from Page A6)

They are the leading supplier of ceremonial groundbreaking shovels, ribbon cutting scissors, and ceremonial fire axes. Their graph-

ic designers personalize a wide variety of products for ceremonial ground breaking occasions, commemorative events, awards for

excellence, trophies, unique keepsakes and company promotions. They provide customers in New Hampshire and around the world

with quality products and excellent service. For more information, call 1-800-203-9588 or visit www.EngravingAwardsGifts.com.

HARRIET

(Continued from Page A7)

Eich, Miles Sargent, Drew Madore, Katelyn Ivers, Sophia Horne as school friends, teachers, and subjects of Harriet’s spying adventures in her city neighborhood.

In addition to Direc-

tor Sarausky, the creative team includes: Claire H. Beck, scenic designer; Thom Beaulieu, lighting & sound design; Sherry Gardner, costume design; and Zach Glennon, stage manager.

Sponsored by New Hampton School, the Winnepesaukee Education Department production offers four performances at the Meredith Theatre the weekend of March 22-24. Performances at

7:30 p.m. on Friday and Saturday, March 22 & 23; and 2 p.m. Saturday and Sunday, March 23 & 24. Tickets available at www.winnepesaukeeplayhouse.org or by phone at 279-0333.

GREAT GUY

(Continued from Page A7)

(Cagney), engaged to his girlfriend Janet Henry (Clarke) and trying to make a decent living, accepts the position of Deputy Chief in the New York City Bureau of Weights and Measures. Soon enough, he discovers that his department is filled with corruption, deceptive business practices and lies, all of which are cheating hard-working families struggling through the final years of the Great Depression. Cave takes on the dishonest bureaucrats and businessmen, rebuffing threats and bribes, and getting into more than his share of physical altercations. His career, his life with Janet, and his future are all under attack, but what can an ex-boxer and all-around “great guy” do, except to fight for what he believes is right?

“Great Guy” was Cagney’s first film at Grand National Pictures, one of the so-called “Poverty Row”

Hollywood studios that specialized in low budget B-movies. Cagney had been out of the spotlight for more than a year due to litigation over his walkout at Warner Bros. He was sick of being typecast as the “tough guy” and wanted more control over the types of roles he was being offered. The production values on “Great Guy” are decidedly low, especially by comparison to the movies that Cagney had made up until that time. To the film’s credit, the storyline is solid and entertaining, and the performances, particularly those from the two leads and the many supporting actors, are solid. The viewer will really note the influence of the Great Depression on this film: the average American was feeling the economic pinch, and our hero fought for their everyday struggles. If you’re a Cagney lover, then “Great Guy” is for you. It showcases the actor’s

unique charisma and his reflection of American integrity -- doing what’s right, even if the costs are high. It has been described by some film devotees as the “most off-beat film noir that you’ll ever see.” How can you resist? So grab your popcorn and meet us after dark for this rare gem of a film.

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Then log onto Live Stream through our Web site (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 Atlantic

Broadband channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 11,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood, and around the world via Live Stream at www.lrpa.org. 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.

MARKETS

(Continued from Page A4)

works the same way in a reverse meaning that if you started with a 40% gain followed by a 40 percent loss, you still have \$84,000.

This is why the lost decade was really 13 years. From the year 2000 until 2013, if you left money in the equity markets including most stock mutual funds you would have had a brief period of time to get out about break-even in 2007, but then we went into another market collapse that bottomed in March of 2009.

Since March of 2009, ten years ago, the equity markets have not seen a significant correction, while overdue statistically, this bull market could continue. While December of 2018 saw a mild correction, it was minor compared to the 40 to 50% corrections of the past and likely the future.

If you have 20 plus years until retirement then I would not be overly concerned, not to say it should not be managed. But if you are getting close to retirement, within 10 years, then I would mitigate the risk in my portfolio and investigate some index crediting methods that capture partial gain but

allow for 0 loss with a portion of your money that you will need for retirement income. A laddered bond portfolio with varying maturities and credit quality are other means of mitigating market risk and creating sustainable income. When approaching retirement, you must emphasize income over growth to meet future obligations. If you stay in “accumulation” mode and the stock market retracts, you will deplete your money when it is most critical to protect your capital! Stocks are for capital appreciation, bonds are for income. No, I don’t mean bond funds, I do mean that you should have a portion of your portfolio in a bond portfolio crafted for you and your needs, if you need income!

Talk with your fiduciary advisor or call my office if you want information about these crediting methods that could change the way you manage your retirement income and potentially your tax burden.

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



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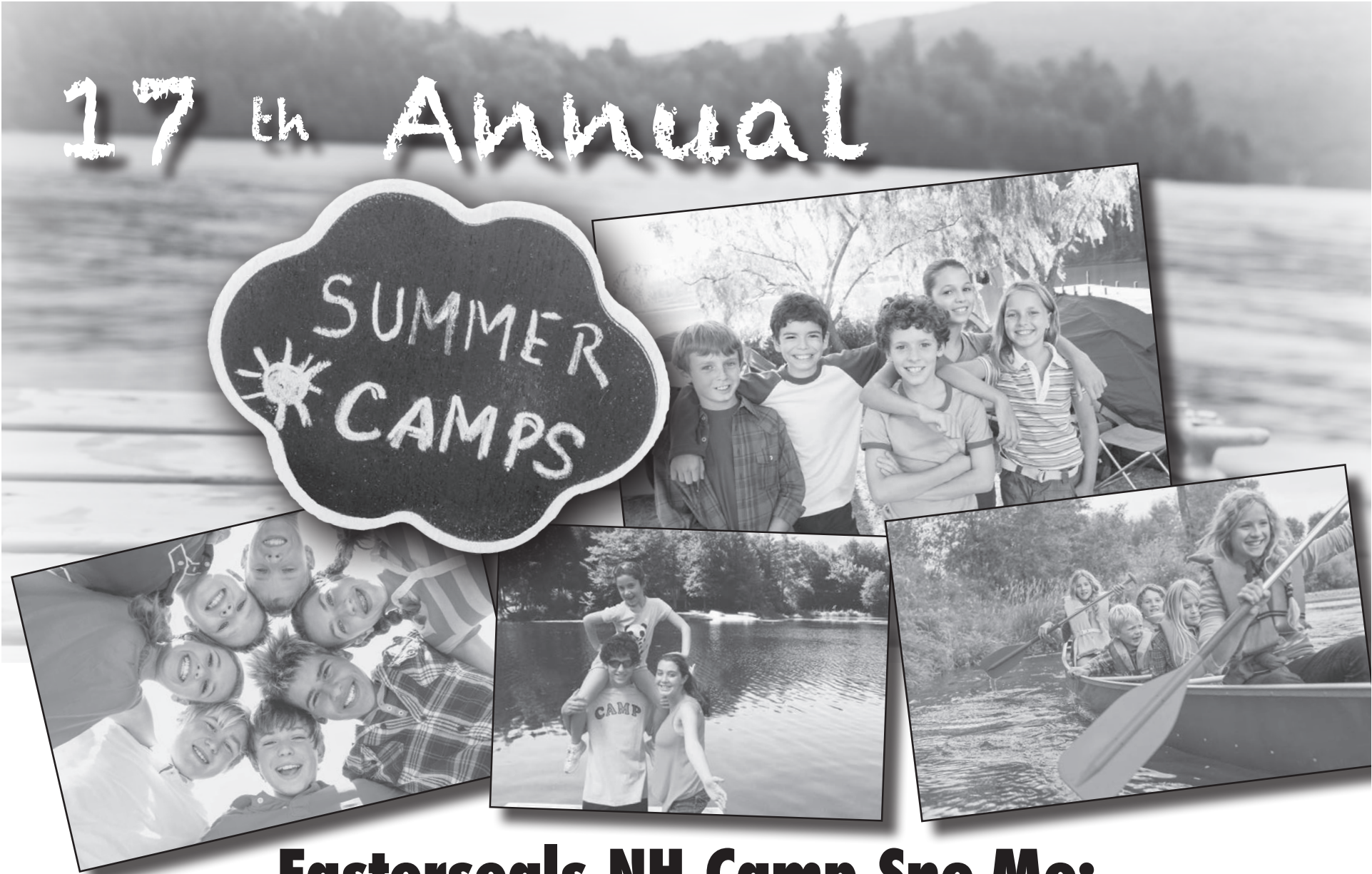
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Easterseals NH Camp Sno-Mo: Unifying Kids of All Abilities at Summer Camp

Easterseals Camp Sno-Mo, located in Gilmanton Iron Works, NH, has served campers, ages 11-21, with special needs at a residential camp since the early 1970s. Over the course of a fun-filled summer, our campers are joined by 500-600 Boy Scouts on the space we share at Hidden Valley Campground. The co-location of these two programs provides the opportunity for an atmosphere of acceptance, diversity, and education for all.

Children of all abilities love and thrive during a summer camp experience. Summer camp allows for time away from home, meeting new people, creating lasting friendships, sleeping under the stars, and the endless opportunities to try something new! For some children this can be a challenge. Children with special needs are not always



able to attend camp because their unique needs make it difficult. However, at Easterseals Camp Sno-Mo, campers with special needs are able to have a truly amazing experience is a

safe, adaptive, and caring environment.

Additionally, our campers participate in activities offered by the Boy Scouts. These activities are those you



will find at many traditional summer camp programs throughout the country and include aquatics (swimming and boating), riflery, archery, hiking, ecology, first aid, high and low ropes courses with a zip line, camp crafts, and more.

Sno-Mo Campers participate alongside Scout campers to complete requirements to earn their badges. They form friendships and memories while working together. This partnership allows our

campers to enjoy a traditional camping experience where the possibilities are endless.


Our caring staff receive extensive training on therapeutic crisis intervention, medical/water safety and first aid/CPR ensuring our campers enjoy a safe and meaningful camp experience. Sno-Mo staff hail from many countries and bring their culture and experiences with them. By providing a safe environment, we enable our campers to challenge themselves to learn and grow, develop confidence, and discover how much they can achieve.

A perfect example of this is embodied in Alex's story. Alex is a long-time Sno-Mo

camper who uses a wheelchair and walks with a crutch. He is also living proof that you are only limited by the limits you place on yourself.




Once summer Alex has a conversation with his one-on-one camp staff Jessica. Alex had indicated that he wanted to hike Mt. Shannon while at camp. Given his mobility limitations, we knew this would require some creative thinking but brainstormed the possibilities because Alex was adamant about doing the hike with his crutches! Mt. Shannon is 1,400 feet above sea level and, at certain points, can be a little tricky to navigate especially near the summit.

After much discussion, Alex and his staff decided to attempt the hike. **More on page 2**



Camp Sno-Mo | Gilmanton Iron Works, NH

Outdoor adventures at our co-ed residential facility for campers with disabilities or special needs ages 11 to 21.



Proudly supported by the NH Snowmobile Association.

For more info: easterseals.com/nh
rkelly@eastersealsnh.org | 603.364.5818

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Waterville Valley Recreation Dept.

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Waterville Valley Recreation Dept.

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who they are instead of limiting what they can do. Why put a limit on it? As we have seen on many occasions, if a Sno-Mo camper feels they want to try an activity that has been out of their reach, we will find a way to

make it happen! We believe the only disability is a bad attitude!

For more information about Easterseals NH Camp Sno-Mo, please contact Camp Director Robert Kelly at rkelly@eastersealsnh.org.

sion, we determined that if we could come up with a plan that would allow Alex to safely do this then we would make this dream come true. Within a matter of hours, we devised a well-thought-out and concise plan for Alex to tackle the climb.

Not only did Alex climb up and down Mt. Shannon unaided, he has repeated the feat each summer thereafter with staff nearby for support. When we recognized Alex's accomplishment at the dining hall during our next meal, his fellow Camp Sno-Mo and Boy Scout campers, gave Alex a very well deserved

standing ovation. It was one of those moments in time where you remember where you were when it happened. It was simply inspirational.

Since our beginning, Camp Sno-Mo has been a special place where our campers have achieved countless accomplishments and milestones. The level of character, dedication, and potential we see in our campers is unmeasurable. Gone are the days where people would say "are you sure he or she should be doing that?" Instead we would rather the individuality of our campers define

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Check us out on Facebook <https://www.facebook.com/LWSA.School/>

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Session 2: July 16, 17, 18

Beginners: 4:00-5:30 pm

Intermediate/Advanced: 5:30-7:00pm



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Session 1: July 8, 10, 12

Session 2: July 22, 24, 26

Beginners: 8:00-10:00am

Intermediate/Advanced: 10:00-am-12:00pm

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\$15 Residents \$20 Non-Res

Intro to Tennis Clinic: July 8: 6-7:30pm

Hone Your Skills Clinic: July 22: 6-7:30pm

Adult lessons are available upon request
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Tennis Camps & Clinics are weather permitting and take place at Kraine Meadow Park on Playground Drive, Moultonborough. Classes are limited, so contact our office & sign up early!

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10 Holland St. PO Box 411
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603-476-8868
www.moultonboroughnh.gov

Metaphysical workshop series “Find Yourself; Change Your Life” starts March 19

WOLFEBORO – If you are ready to make some positive changes in your life, this workshop series is for you! The “Find Yourself; Change Your Life” Metaphysical Workshop Series starts Tuesday evening, March 19 (6:30 to 9 p.m.) and ends Tuesday, May 21. This spring, discover how to use and trust your Sixth Sense. This series consists of five workshops consisting of two classes each.

In the first workshop, “The Power of Positive Thinking,” you will learn to manifest positive things into your life by changing the words you think and say. The “Energy Awareness” classes teach you how to deflect negative energy and create a more confident you! The “Trusting Your Intuition” classes explain the meaning of goosebumps, shivers, and when to trust your gut. In the “Angel Awareness” classes find out about your Angels and how they can help you. The “Dream Interpretation” classes pro-

vide the tools to interpret your own dreams and what your dreams signify. You will also learn many techniques to create a simpler, easier and smoother life.

Each workshop will consist of two classes that meet for two and a half hours. The Power of Positive Thinking workshop is a prerequisite for taking any of the subsequent sessions offered as that one will lay the groundwork for all the others. The fee per workshop (two classes) is \$65 or \$295 for all five workshops (ten classes total).

Noreen Lane McDonald, Metaphysical Teacher and Facilitator, teaches the Find Yourself; Change Your Life Workshops. Since 1997, Noreen has worked with individuals and groups on the topics of metaphysics in California and New England. She is a Reiki Master and offers Reiki, Angel Reiki, and other healing arts to clients on an individual basis. This is the eighth year that this workshop series has been offered



Noreen McDonald offers her popular Find Yourself; Change Your Life workshop series in Wolfeboro this spring.

in Wolfeboro. Noreen also offers “Letting Go of the Past” a two-day Workshops twice a year

and monthly Psychic, Medium and Spirit Evenings with the following spring dates scheduled: March 18, April 22, May 16 & June 20.

Pre-registration is required for all workshops as class sizes are limited. Brochures/Registrations are available at The Country Bookseller; Women’s Integrative Health; Yoga 4 Life; Carroll County Diabetes, Nutrition Wellness Center; Just Teazin Hair Studio; Wolfeboro Co-op;

and Reflections Esthetics; or by email at Noreen@noreenmcdonald.com or phone 569-9912. Gift certificates are available for the workshop series. Additional information can be found on the web at Noreenmcdonald.com.

If it is time to change your life for the better, join us for these workshops starting March 20. The classes will be held on Tuesdays evenings from 6:30 to 9 p.m. in Wolfeboro.

LRSO to perform Betthoven’s “Ode to Joy” in concert March 23

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to our concert on Saturday, March 23 at 7:30 p.m. at the Moultonborough Academy Theater in Moultonborough. Regular concert goes accustomed to Inter-Lakes Auditorium, note the venue change.

The concert “Ode



LRSO under the direction of Benjamin Greene performs the famous 9th Symphony by Beethoven, “Ode to Joy – A Concert for Peace” at Moultonboro Academy, March 23, 2019 at 7:30pm

to Joy – A Concert for Peace” is a performance of Beethoven’s inimitable Symphony No. 9, the 4th movement of which contains the world-renowned theme “Ode to Joy”.LRSO is pleased to be accompanied by the 70-plus-member chorus of The Suncook Valley Chorale (SVC) under the direction of Mr. Scott Lounsbury.

In addition to the full

choral accompaniment by SVC, the symphony features four renowned area soloists: soprano Hannah Murray, alto Emily Adams, tenor Fredric Scheff, and bass Mark Andrew Cleveland.

Tickets are \$20 for adults and \$10 students. Tickets are available online at www.LRSO.org/TICKETS, or from these ticket outlets: Innisfree Bookshop in Meredith

and Greenlaw’s Music in Laconia. Any unsold tickets will be available at the door starting one hour before the concert.

The LRSO greatly appreciates the support of its concert sponsor the Robert T. Smith Family Trust. Bob’s love of the LRSO and his generous support is a big part of what makes the LRSO, a community orchestra, possible.

HOSPICE VOLUNTEERS REGISTER BY APRIL 8th!

Call to register: 603-279-6611

Volunteers are an important part of the hospice supports offered by LRVNA to the terminally ill patients in our community. As compassionate companions, hospice volunteers can help to ease the burdens of caregivers and patients as they address end of life issues and concerns. Patient companionship and caregiver respite are at the heart of a hospice volunteer’s service. The deeply intimate and caring relationships that arise are mutually fulfilling and meaningful. If you are considering sharing your time and your heart with others, we welcome you to apply for our upcoming hospice volunteer training to learn more about this opportunity.

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Bulldogs come up just short in D3 semifinals

BY BOB MARTIN

Bob@Salmonpress.news

PLYMOUTH – The Belmont/Gilford Bulldogs battled hard to the end against the Monadnock/Fall Mountain hockey team in the Division 3 semifinals, but some good plays for the Huskies and a bit of bad luck for the Bulldogs put Monadnock/Fall Mountain up 3-2 to advance to the Division 3 hockey finals.

The semifinal game took place in front of a packed crowd at the Hanaway Ice Rink at Plymouth State University, and both fan bases were pumped from the beginning of what was a hard fought hockey game between two tough teams.



Colin McGreevy makes a save in the semifinals of the Division 3 state tournament.

BOB MARTIN

Early in the first period, the Bulldogs had several good scoring op-

portunities sparked by a five on three power play. The Huskies did a good

job thwarting Belmont/Gilford with solid defense and good clears of the

puck, keeping the Bulldogs from finding shots on goal.

With Belmont/Gilford on a five on four power play, the Huskies found life through a breakaway by Alex Hudon. Goalie Colin McGreevy made a nice stop, which 20 seconds later was followed by another nice stop to secure the 0-0 score.

After Monadnock/Fall Mountain was called for too many skaters on the ice, the Bulldogs got on the board first with an unassisted power play goal by Cam Jarvi to make it 1-0 with 5:51 left in the first period. It came on a nice rush by the junior forward, who put a wrist shot in the top left corner.

The Huskies answered with 2:30 left on the clock in the period, with a goal

by Justin Joslyn from about 15 feet away. It was assisted by Lincoln Blodgett.

After one period it was 1-1, but the Huskies dominated the shots on goal, 9-3. There was plenty of chipiness and solid defense on both sides, and while the Huskies had more shots they weren't finding close opportunities.

"They out shot us for sure but many of their shots came from a distance," said coach Jason Parent. "Colin played well enough for us to win, which is all you can ever ask for as a coach. We got a lot of bad bounces that could have gone our way but did not."

The Huskies came into the second period firing, and only 35 seconds into the period, Monadnock/Fall Mountain went up 2-1 with a goal by Blodgett, assisted by Division 3 point leader Chris Boucher. The onslaught of shots continued but McGreevy was solid in net, turning away shots and keeping things close.

In a bizarre turn of events, with about four minutes left in the period, Joey Blake got a shot on goal that ricocheted off Monadnock/Fall Mountain goalie Joey Joslyn. The puck was loose and Hayden Parent put the shot in the net, seemingly tying the game.

However, officials ruled that the play was dead after a referee blew

SEE HOCKEY PAGE B8

Unified Golden Eagles win first round tourney game

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford unified basketball team wrapped up its winter season last week with a playoff win over Newfound followed by a second round loss to Berlin, but in unified sports, the importance goes much further than wins and losses.

"Unified sports is about inclusion and teaching kids that we are more alike than we are different, which is beneficial for everyone," said coach Laurie Belanger. "We are really fortunate to have a school district that supports this."

Unified sports partners students and athletes with intellectual disabilities in athletics throughout the school year. The international program currently includes volleyball and soccer, as well.

In the opening round, the ninth-seeded Golden Eagles traveled to eighth-ranked Newfound and came away with a 42-36 win. Gerron Belanger had 14 points in the win, but it was a great team effort all around. Other players who had solid games were Nathaniel Poll and Rachel Bradstreet.

The quarterfinal was a 56-42 loss to top-ranked Berlin. Coach Belanger said this was a big turnaround for the Golden Eagles, who lost by 22 points earlier in the season to what she called a "powerhouse team."

There were three players who were unable to play toward the end of the season, which included Darren Brown, Corey McDowell and Jenny Laurendeau. Belanger thanked them for all their work throughout the season and said they were a huge part of the team this year.

Belanger said this team was full of smiles, committed to practice



RC GREENWOOD

Rachel Bradstreet was praised by coach Laurie Belanger for her play during the state tournament matchup with Newfound.

and were good teammates. She said they are naturally kind and had a great experience together. Belanger has been coaching the team for eight years and she

has seen the district grow as far as including intellectual disabilities. She said the unified program has helped with involving these students with intel-

tual disabilities into the school community.

"Is it perfect? No," said Belanger. "But it gets better every year. It's a great program."

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Francouer/Babcock Memorial Basketball Tournament a success again

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Last week youth basketball players from around the Lakes Region participated in the Francouer/Babcock Memorial Basketball Tournament, which took place from March 7 through 10.

On March 7, Gilford defeated Gilmanton in the junior division by a score of 32-22. Gavin Forest led the way with nine points for Gilford. Caleb Skoog, Luke Javalgi and Owen Wolpin all had six points. For Gilmanton, Spencer Bushnell had 10 points. Hustle Awards were given to Forest and Bushnell.

The second game in the junior division was a 29-18 win for Lou Athanas over Sanbornton. Cam Lemay led the way for Lou Athanas with nine points. Brendan Dee had eight points and John Stebbins had six points. Sanbornton was led by a 12-point effort for Colin Flanders. Hustle Awards were given to Ava Currier of Lou Athanas and Flanders.

That evening, Gilford beat Belmont 31-2 in the senior girls' division. Olivia Keenan was the leader with seven points. Talia Watson had the two points for Belmont. Hustle Awards went to Keenan and Riley Cotnoir of Belmont.

On March 8, Lou Athanas beat Pines in the senior girls' division by a score of 39-2. Lou Athanas was led by Layla Sanchez with 18 points and Hayley Cochran with 14 points. Riley Nickerson had two points for Pines. Cochran and Caiden Carter of Pines received Hustle Awards.

In the senior boys' division, Lou Athanas beat Gilford 43-13. Leading Lou Athanas was Tristan Parker with 29 points. Carter Gelo had five points for Gilford. Hustle Awards were given to Parker and Austin Champagne of Gilford.

Also in the senior boys' division, Sanbornton defeated Belmont 38-27. Sanbornton was led by Jackson Flanders with 15 points. Kaleb Cullen had 10 points. For Belmont, Wyatt Carroll and Gino Montalto had eight points. Hustle



COURTESY PHOTO

All Tournament Sportsmanship Team at the Francouer-Babcock Tournament included, back row (l to r), Grace Kelly, Nik Puffinburger, Brady Stevens, Christopher Thompson, Cam Lemay, Cameron Drouin and Wyatt Divers. Front row (l to r), Luke Javalgi and Joey Estrada (not pictured are Talia Watson, Shelby Luther and Ireland Caldwell).

Awards went to Flanders and Montalto.

On March 9, in the junior division losers' bracket, Sanbornton defeated Gilmanton 29-14. Colin Flanders had 10 points and Bushnell had seven points.

In the junior division winner bracket, Lou Athanas beat Gilford 31-18. Brendan Dee of Lou Athanas had 12 points and Lukas Diaz had eight points for Gilford.

In the senior girls' division loser bracket, Pines defeated Belmont 11-9. Caiden Carter had four points for Pines and Cotnoir had four points for Belmont.

In the senior girls' division winner bracket, Gilford beat Lou Athanas 24-9. Olivia Keenan had 10 points for Gilford while Lou Athanas was led by Layla Sanchez with three points.

In the senior boys' division loser bracket, Gilford beat Belmont 36-28. Champagne had 11 points for Gilford while Belmont's Ryan Greer had 11 points.

In the senior boys' division winner bracket, Lou Athanas beat San-

bornton 61-17. Parker had 28 points for Lou Athanas and Sanbornton's Kaleb Cullen had nine points.

In the junior division loser bracket, Gilford beat Sanbornton 26-24. Diaz had nine points and Colin Flanders had eight points.

In the senior girls' division loser bracket, Lou Athanas defeated Pines 40-6. Nyla Shosa had 20 points for Lou Athanas and Maddison Bigue had four points for Pines.

In the senior boys' division loser bracket, Gilford beat Sanbornton 35-28. Henry Sleeper led Gilford with 13 points. Jackson Flanders of

Sanbornton had nine points.

March 10 was the finals and in the final junior division game, Lou Athanas won 27-18. Dee had 13 points for Lou Athanas and Forest had eight points for Gilford. In the senior girls' division final, Lou Athanas won 31-21 over Gilford. Leah Davignon had 10 points for Gilford and Hayley Cochran had nine points for Lou Athanas.

In the senior boys' division final game, Lou Athanas defeated Gilford 46-24. Parker had 24 points for Lou Athanas and Gelo had 14 points for Gilford.

Winning the Nathan J. Babcock Volunteer Award was "The Mercer Kids." The Denise Soucy Memorial Coaches Award went to Frank Laro of the Pines Senior Girls' Team.

The Aaron Francouer All-Tournament Sportsmanship teams were as follows:

The junior team included Luke Javalgi of Gilford, Joey Estrada of Gilmanton, Cam Lemay of Lou Athanas and Christopher Thompson of Sanbornton.

The senior girls' team was Talia Watson of Belmont, Grace Kelly of Gilford, Shelby Luther of Lou Athanas and Ireland

Caldwell of Pines.

The senior boys' team was Wyatt Divers of Belmont, Cameron Drouin of Gilford, Brady Stevens of Lou Athanas and Nik Puffinburger of Sanbornton.

This is the 26th year of the event, which is in honor of 13-year-old Aaron T. Francouer, a Gilford Middle and High School student who died of cancer in 1993. In 2006, Nathan Babcock's name was added after he lost a battle with cancer.

Proceeds from the tournament are given out in scholarships to GHS students that are graduating and furthering their education.

Scott Biron to speak at Trout Unlimited meeting on Tuesday

PLYMOUTH — The Pemigewasset Chapter of Trout Unlimited will feature guest speaker Scott Biron from the NH Wildlife Federation at the March 19, meeting, 7 p.m. at the Common Man Inn in Plymouth. Come early and meet Biron and fellow anglers. There will be a raffle supporting sending a lucky boy or girl to the Barry Fishing Camp. Meetings are free and open to the public. Members are invited to sit in at the board of directors meeting starting at 5 p.m.

Biron cut his teeth learning to tie flies and flyfish in the 60s. He is

an accomplished fly tyer and well known fly-tying and flyfishing instructor. He is executive director of the NWHF and author for the NH Wildlife Journal. The mission of the NWHF is to promote and protect hunting, fishing and trapping as well as the conservation of wildlife habitat.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit www.pemigewasset-tu.org and like them on Facebook.



COURTESY PHOTO

LAKES REGION Juniors 18 Gold include, front row (l to r), Karly Sanborn (Gilford), Ava Duymazlar (Inter-Lakes), Anja Swanson (Plymouth), Aubrey St. Onge (Winnisquam), Olivia Dill (Winnisquam). Back row (l to r), coach Randy Mattson, Maggie McNeill (Gilford), Emilee Flanagan (Nute), Savanna Marston (Plymouth), Mia Sullivan (Plymouth), Emma Wheeler (Inter-Lakes), Gabby Isabelle (Winnisquam), coach Anna Kilmer.

Local volleyball team cracks New England top 20

REGION — A team that includes some of the best high school volleyball players in the Lakes Region is making its mark on the New England club volleyball scene.

Lakes Region Juniors 18 Gold took third place at a recent New England Region Volleyball Association (NERVA) tournament at Curry College in Milton, Mass. The

showing propelled the team into the top 20 of the New England club rankings. More than 120 teams compete in the NERVA division for teams with players 18 years-old or younger.

Playing in the highly competitive 18 Open Division of NERVA, Lakes Region Juniors 18 Gold is coached by club founder and Inter-Lakes High School

varsity volleyball coach Randy Mattson. The team includes players from four Lakes Region high schools (Gilford, Inter-Lakes, Plymouth and Winnisquam) and one player from Nute High School in Milton. Eight of the players were named to New Hampshire All-State teams following the 2018 high school season.

Lakes Region Juniors Volleyball Club is based in Meredith and fields five age group travel teams and two league teams in 2019. Its 80 members range in age from 11-18 and come from 24 different area schools and 28 greater Lakes Region communities. To learn more, visit their web site at www.lakesregionjuniors.org.



Catherine Stow won the freestyle race and was second in classic at states.



Vanessa Genakos won the classic race at the Division 3 state championship.

Stow, Genakos pick up Division III Nordic titles

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Zach Ennis of Belmont, as well as members of the Gilford Nordic team and Gunstock Nordic Association, participated in the Division III state Nordic meet last week with several athletes taking top spots including Ennis winning both the classic and state to be the division's top racer.

Belmont

Ennis, who is the only Nordic skier for Belmont High School and also skis for Gunstock Nordic Association coached by Nina Gavrylyuk, had a time of 12:08.3 in the freestyle race and 13:22.6 in the classic race.

This has been a great season for Ennis. He had a lofty goal of making the Northeast Junior Nordic team and compete in Alaska at the US Junior Championships. He accomplished this, left for Alaska on Friday to race. Ennis won nearly all of his races this season. Ennis has been accepted to Bowdoin College next year, where he will continue Nordic skiing.

“It will be a very good ending of his high school Nordic career,” said Gavrylyuk.

US Freestyle Championships at Waterville Valley this weekend

WATERVILLE VALLEY — The U.S. Freestyle Championships will return to Waterville Valley March 15-17, where the nation's top mogul skiers will descend Lower Bobby's in a mogul and dual mogul format.

Bradley Wilson will look to defend both the men's mogul and dual mogul titles. Women's mogul champion Keaton McCargo retired after the 2018 season, but Tess Johnson will defend her dual mogul title. Another athlete to watch is Nessa Dziewian, a New Hampshire native from East Hampstead.

Gilford High School

The girls consisted of two racers was led by Catherine Stow, who was the top racer in the free-style race with a time of 14:13.5. Vanessa Genakos was fifth with a time of 15:34.

In the classic race, Genakos was the top skier with a time of 16:14 with Stow placing second with a time of 16:21.1.

Mitchell Townsend second in the classic race with a time of 14:07.9. He was third in the freestyle race with a time of 12:46.

Gavrylyuk coaches all of these athletes and said she was very happy with the performance.

"I was hoping that Catherine and Zach would win their races," she said. "Vanessa did great by winning the classic race. Mitchell also did very well. He ended up second and third place. He beat seniors just being a freshman.

Stow, Gavrylyuk said, was the leader for the high school team this year and skied strong all season. Gavrylyuk said Genakos progressed well during the season, culminating with the classic race win at states. Stow and Genakos also made the U16 championships and Eastern High School Championships.

Townsend, she said,

Schedule of Events:

Friday, March 15
12:50 p.m.-end: Ladies moguls qualifications.

Saturday, March 16

10:15 a.m.-11:30 a.m.:
Men's mogul qualifica-
tions.

1:00-1:30 p.m.: Ladies mogul semifinals.

1:30-2 p.m.: Men's mogul semifinals.

2-2:13 p.m.: Ladies mogul finals.

2:13-2:25 p.m.: Men's mogul finals.

4-4:15 p.m.: Mogul awards ceremony.

Sunday, March 17th

10:45 a.m.-2 p.m.:
Ladies and men's dual

Mitchell Townsend came in second and third in his races at the state championship.

also had a great freshman year. She said he took the training process very seriously, and this paid off with an impressive performance at states.

All three Gilford skiers were at the U16 championship this weekend but results were unavailable at deadline.

Gunstock Nordic Association

Leah Dutkewych and Miles Wharton of White Mountains ski for GNA but represented their high school.

moguls.

3-3:15 p.m.: Dual mogul awards ceremony.

“Waterville Valley Resort was proud to host the 2018 U.S. Freestyle Championships last March. It was a great event showcasing amazing athletes. The entire Waterville Valley community is thrilled to be hosting the U.S. Freestyle Championships again this season. As the birthplace of freestyle skiing, this event holds a special place in everyone’s hearts,” Matt Hesser, Senior Director of Marketing for Waterville Valley Resort.

BOB MARTIN

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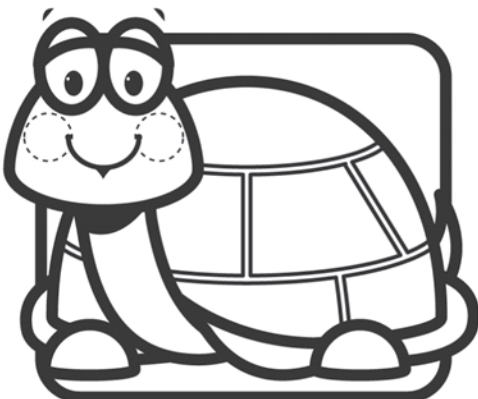
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Solve the code to discover words related to nutrition.
Each number corresponds to a letter.
(Hint: 25 = e)

A. 23 5 22 9 20 5 6

Clue: Nutrient

B. 20 5 6 25 13 9 12

Clue: Solid substance

C. 16 17 17 19

Clue: Sustenance

D. 24 25 23 25 13 9 10 25

Clue: Drink

Answers: A. vitamin B. mineral C. food D. beverage

SUDOKU

	6						5	2
		4				8		
	9							1
	5				7	9	2	
7					1			4
				6	2			
		7						
				1	3			
9	4	8		2			7	

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	4	8	5	2	6	1	7	3
5	2	6	7	1	3	4	8	9
3	1	7	4	8	9	2	6	5
4	3	9	8	6	2	5	1	7
7	8	2	9	5	1	6	3	4
6	5	1	3	4	7	9	2	8
2	9	5	6	7	8	3	4	1
1	7	4	2	3	5	8	9	6
8	6	3	1	9	4	7	5	2

ANSWER:

