

Gilford Steamer

THURSDAY, JUNE 6, 2019

GILFORD, N.H. - FREE

Engineering students help children in need

BY ERIN PLUMMER
mnews@salmonpress.news

Some children's toys are being turned into helpful mobility devices for kids with disabilities thanks to a group of Gilford High School students.

Students in Dan Caron's Intro to Engineering class are taking Power Wheels and turning them into mobility devices for a few kids in Gilford Elementary School with physical disabilities.

The Go Baby Go effort was spearheaded by senior Troy Gallagher.

Gallagher said he learned about this project while attending St. Paul's summer program. He said it would be a great activity for the class, but above all it would do some real good.

"It's also a great way to give back to your



Students in Gilford High School's Intro to Engineering class with the mobility vehicles they helped create for some Gilford Elementary School students.

ERIN PLUMMER

students and talked to them about what they wanted. The engineering students took this information and started planning the vehicles.

They purchased Power Wheels vehicles in the form of police and fire vehicles. A few of the kids are huge fans of "Paw Patrol" so the high school students did their vehicles in a "Paw Patrol" theme.

Members of the class then got to work on turning the vehicles into mobility devices. The seats were taken out and new ones were installed to support the kids, including with head rests, seatbelts, and padding. Gallagher said the vehicles came with pedals on the bottom that have been replaced with a button closer to the top and one of the vehicles has speed control.

Making the vehicles has been a multistep process with a lot of checking to make sure they will be safe. One SEE **ENGINEERING** PAGE A12

Conservation District works on local environmental projects

BY ERIN PLUMMER
mnews@salmonpress.news

Thanks to some grants and volunteer efforts, the Belknap County Conservation District has worked on a number of environmental projects in Gilford.

The Conservation District has recently worked on a project to replace wood in a local stream to prevent erosion and provide a natural habitat, help re-

store the habitat of a threatened bird, and repair the boardwalk around the woods of Gunstock.

Program Manager Lisa Morin said over the past few years the Conservation District received a few sizable grants for a few different projects.

Grants came from the New England Forests and Rivers Fund and an-

SEE **CONSERVATION** PAGE A10

community and really change kids' lives for the next couple of years," Gallagher said.

While the students in the St. Paul's program had three weeks

to get the vehicles done, Gallagher said in this class they had much more time to do it.

Three vehicles were made for three kids:

Chloe, George, and Morgan. They talked to some paraeducators from GES and they were able to tell them what their needs were. They then visited those

GHS congratulates top ten graduates

Gilford High School is proud to announce their top ten graduating seniors for the Class of 2019.

Matthew McDonough is the class valedictorian. He plans to attend the University of New Hampshire. His chosen major is Business Administration since that opens his opportunities to a vast array of



COURTESY

Bottom Row, Left to Right: Nicole Berube, Mariah Finley-Gardner, Ashley Loureiro, Emily Waite, Rhiannon Day. Top Row, Left to Right: Margaret McNeil, Michael Eisenmann, Troy Gallagher, Gregory Madore, Matthew McDonough.

Fishing fun for families at annual Kids' Derby

BY ERIN PLUMMER
mnews@salmonpress.news

Children and families enjoyed a nice morning of fishing with some treats and prizes thrown in during the annual Belknap County Sportsmen's Association Kids Fishing Derby.

The 64th annual derby took place at the trout pond at Gunstock on Saturday morning ending. During the morning kids with some help from family members cast their lines into the pond hoping to catch some fish. At the end trophies were given out for the heaviest fish caught and the most fish caught.

Derby chair Rusty



ERIN PLUMMER

The top three heaviest fish of the derby in order were caught by Max Ryder, Aiden Hatch, and Beckett Bragdon.

Dumais said it has moved from place to place, but has found a home at Gunstock.

"Gunstock has been the best because of the central location and

SEE **DERBY** PAGE A10

careers. McDonough is a three sport athlete who has been the Spanish Club President and a member of the Math Team while working part-time.

Greg Madore is the salutatorian and plans to attend the University of Southern Maine studying mathematics with a secondary education pathway. He has also played three

sports, and has been president of the Student Council as well as Student Athletic Leadership Team.

Nicole Berube chose pre-veterinary science as her major at the University of Delaware. She played softball and field hockey. Berube is the president of the French Club and participated in several other clubs.

Michael Eisenmann plans to attend the University of Massachusetts in Amherst as a general engineering student. He has participated in a number of sports, and has been a ski instructor as well.

Emily Waite will attend the University of New Hampshire, and her major is exercise SEE **TOP TEN** PAGE A10

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

Increase access: It's a core tenant of libraries. We are here to provide services for the public as best we can. We want people to be able to use the resources regardless of wealth, demographics, or social position. As

a community of librarians, we are always brainstorming ways to increase access to books and other media. There have been leaps forward with the advent of digital materials, the library of things, alternative media options like large print and audiobooks,

library and school collaborations, and so much more.

The physical building is hard to move, though. It's a wonderful building with a sturdy foundation, but it isn't everywhere in town. Some libraries in the world have book-mobiles, vans/carts/buses stuffed with books to share with the public. We don't have a bookmobile yet, but we do have two little free libraries at the Gilford Town Beach and Glendale Docks!

The little free libraries are exactly what they sound like. Tiny structures protecting a couple shelves of books that are free for the taking. They are not library books, but they might have been at one point. Most of

them have been donated by the public to the Friends of the Gilford Public Library. Take a book, leave a book if you like (but you don't have to), and check back as frequently as you like to see what 'new' books have arrived. They are all slightly used, but librarians know that books are not meant to be read only once!

A first thought for many people when hearing about little free library is about people abusing the service. We get asked all the time if the little free libraries get vandalized or if one person takes all the books. We explain that the most part, the little free libraries are respected. People seem to recognize that they are there for a public good. Besides, it's worth the risk to provide access to books wherever people gather. There are many, many more books in the Bookworm shop to keep the shelves full.

So next time you are at the beach or about to put the boat in for a day's cruise only to realize that you left your book at home, grab one from the little free library!

Classes & Special Events June 6-June 13

Thursday, June 6
Geri Fit, Turn Back the Hands of Time, 9-10 a.m.

Master Trainer, Francesca Fisher, and star pupil "Joan" work out together in this 45-minute Geri-Fit® fitness video. Suggested for advanced Geri-Fitters that have excelled the squat movement and are ready to add more weight to the workout. Most of the exercises are performed in chairs, but you can do them standing if you prefer. No floorwork!

Play Group, 10:30-11:30 a.m.

You and your little one will enjoy an introduction to a preschool setting without the added expense. You and your child have the opportunity to make and play with new friends. There will be songs, crafts, games, and coffee will be served.

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

Conversational French, 4-5 p.m.

Classic Book Discussion, 6:30-7:30 p.m.

Rescheduled date. Join us every other month to discuss a classic book. This month's pick is Their Eyes were Watching God by Zora Neale Hurston.

Foreign Movie Night, 7-9 p.m.

This month's movie is The Fencer, an unrated movie from Estonia.

Friday, June 7
Preschool Storytime, 10:30-11:30 a.m.

Come read, sing, dance, and make a craft. *Sign-up required two and a half to five years

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

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

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

Monday, June 10
Teen Destress Week: All Week

Relax, make art, and destress in the Teen Room to get through testing.

T'ai Chi Chih, 9:45-10:45 a.m.

Nancy Frost, a T'ai Chi Chih certified teacher, will lead an eight week course at the Gilford Library. With 19 stand-alone movements and one pose, T'ai Chi

Chi is beneficial to all, and easy to learn. Join us for the T'ai Chi Chih 8 week course to focus on the development of intrinsic energy (Chi), increase your energy, balance, flexibility and stamina.

Mahjong, 12:30-3 p.m.
Geri Fit Classic, 4-5 p.m.

Join us for a video-led fitness class for adults over 65. Twice a week, work on your strength, stamina, and balance, following exercises from a video, all while seated in a chair.

Tuesday, June 11
Geri Fit: Hop & a Skip, 9-10 a.m.

Proprioceptive exercises are mixed in with the traditional Geri-Fit evidence-based workout lesson plan to further enhance motor skills, reaction time, and balance. This is a perfect video for fall prevention training and is suggested to those that are familiar with the Geri-Fit exercises and are seeking a more challenging workout.

Hook Nook, 10-11 a.m.

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

Nightly Knitting, 6-8 p.m.

Mystery Book Group, 6-7 p.m.

Join us for this month's mystery book group! Betty Tidd will lead the discussion of the Maine-set, game warden focused crime thriller The Poacher's Son by Paul Doiron. Copies of the book will be available at the circulation desk.

Wednesday, June 12
Trustee Meeting, 8:30-10 a.m.

Line Dancing, 9-10:30 a.m.

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

Lakes Region Fiber Artists and Crafters, 10:30 a.m.-1 p.m.

Geri Fit Classic, 4-5 p.m.

See 'Geri Fit Classic' above.

Thursday, June 13
Geri Fit, Turn Back the Hands of Time, 9-10 a.m.

Master Trainer, Francesca Fisher, and star pupil "Joan" work out together in this 45-minute Geri-Fit® fitness video. Suggested for advanced Geri-Fitters that have excelled the squat movement and are

SEE LIBRARY PAGE A10

Gilford Public Library Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens
2. "The Den" by Abi Maxwell
3. "Redemption" by David Baldacci
4. "The Silent Patient" by Alex Michaelides
5. "Sunset Beach" by Mary Kay Andrews
6. "The 18th Abduction" by James Patterson and Maxine Paetro
7. "The Mother-In-Law" by Sally Hepworth
8. "Neon Prey" by John Sandford
9. "Thirst: 2600 Miles to Home" by Heather Anderson
10. "The Moment of Lift" by Melinda Gates

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Local author shares new book

BY ERIN PLUMMER
mnews@salmonpress.news

Five years after her debut novel, local author Abi Maxwell has a new book out about two families with a century of connection, local legends, and strong women who won't bow to societal restrictions.

The Gilford-based author talked about her new book, "The Den," during a presentation at the Gilford Public Library, where she works as a children's librarian.

"The Den" takes place in two different families from two different eras: the mid 1880s and the 1980's. Both of the time periods involve families that live on the same patch of land, have sisters who go missing, and share a legend about coyotes. It also deals with women



ERIN PLUMMER

Author Abi Maxwell signs copies of her new novel, "The Den," at the Gilford Public Library.

who are punished for sexual indiscretions though they do not feel guilty for anything they did.

The book uses some common images and themes that came to Maxwell over time: old foundations, the sound

of coyotes at night, the woods, and rundown factory towns in New Hampshire.

"The Den" came five years after Maxwell's first novel "Lake People."

The book's deeper themes have some feminist inspiration. Maxwell was raised by a single mother and took courses related to feminism in college. Having a baby gave her some new perspectives as well.

"(I) never really considered what a woman gives up in her body and mind when she raises a child," Maxwell said. "I felt totally shocked by the inequality of all of it."

During that five year period between books, Maxwell dealt with sleep deprivation after her son was born. She said she and her husband had long conversations about the patriarchy and inequality between genders. After these conversations she would stay up late at night and write pieces of what became "The

Den." "A few years into the book, I knew what I was doing," Maxwell said.

She said her agent read the manuscript and commented that it reminded her of "The Scarlet Letter." In literature when women commit sexual transgressions they are often killed off or are greatly remorseful, which wasn't the case with Hester Prynne. She said she wanted to write about women who were punished for their transgressions but didn't care.

Maxwell did a lot of research on coyotes and New Hampshire history for some of the different elements of her book. She spent a lot of time in the library's New Hampshire room, including an old book on the history of Sanbornton.

Maxwell read parts of the book from the two different time periods and signed copies after the discussion.

"The Den" can be found wherever books are sold.

Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

Youth Soccer Registration Night on June 5

The Gilford Parks and Recreation Department will be holding their initial registration night for the Fall Youth Soccer Program on Wednesday, June 5th from 5:30 - 7 p.m. in the Gilford Parks and Recreation Office. The youth soccer program is open to all Gilford students entering grades K-5 this fall.

Cost: \$25.00/participant or \$35.00/family by Aug. 5

\$35.00/participant or \$45.00/family after Aug. 5

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

Archery Lessons

The Gilford Parks and Recreation Department is sponsoring a four-week session of Archery instruction, to be led by certified archery Art of Archery. This program will be held on Tuesday afternoon/evenings from July 9 - July 30 at the Arthur A. Tilton Ice Rink. The Beginner session will run from 4-5 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages seven years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com.

Cost: \$70 per person and includes all necessary equipment.

For more information, please contact the Parks and Recreation

Department at 527-4722.

LEGO YOUR MIND Robotics Camps

The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of June 24 - June 28. The camps will take place at the Gilford Middle School from 9 a.m. - 3 p.m. The "Amusement Park Thrill Rides & Stop Motion Animation" is open to children ages six to nine years of age and the "EV3 Robotic Amusement Thrill Rides & Stop Animation/Minecraft" is open to children ages nine to 14 years of age. Participants can register on-line at www.letgoourmind.com.

Cost: \$325

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

Shooter's Gold Basketball Camp

The Gilford Parks and Recreation Department is once again inviting the Shooter's Gold Basketball Camp to come to Gilford this summer! The camp will be held in the Gilford Middle School Gym from June 25 - June 28. Session 1 for children entering grades 1-4 will be run from 8 - 10 a.m. Session 2 for children entering grades 5-8 will be run from 8 a.m. - 1 p.m. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation website at www.hogancamps.com.

Cost: \$95 for Session I and \$140 for Session II

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

Big Brothers Big Sisters at Patrick's Pub

'Connect' event aims to help local business gain visibility

GILFORD — Patrick's Pub and Eatery will host Big Brothers Big Sisters of New Hampshire at their networking event, "Connect," on Thursday, June 6 from 5-7 p.m.

Serving more than 700 children a year and with more than 270 kids on their waiting list statewide, Big Brothers Big Sisters of New Hampshire is an evidence-based preventive program that is proven to help keep kids in school, improve their self-esteem, and encourage them to avoid risk behaviors such as substance misuse. BBBSNH's mission is to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever. Volunteer mentors meet with children in community-based and site-based settings, empowering and inspiring them to reach their full potential. In 2018, BBBSNH opened an office in Laconia to expand their program into the Lakes Region.

The Community Based Mentoring program, carefully matches screened adult volunteer mentors in professionally supported mentoring relationships with youth. Bigs and Littles spend quality time together participating in a variety of activities of their choosing.



COURTESY

Patrick's Pub and Eatery will host Big Brothers Big Sisters of New Hampshire at their networking event, "Connect," on Thursday, June 6 from 5-7 p.m.

The Site Based Mentoring program utilizes schools, after school programs, and workplace mentoring such as CCA Global Partners and Comcast as the venue in which the mentor (Big) and mentee (Little) meet. Time is spent doing homework, enjoying lunch together, reading, playing a board game or outdoors on the playground.

Big Brothers Big Sisters of New Hampshire has been serving New Hampshire for more than 50 years, and merged to become

a statewide organization in 2015. This Thursday, become a part of this wonderful organization and learn how you can be a positive influence on the youth of your Community with Big Brothers Big Sisters of New Hampshire, enter to win exciting raffle prizes and Stay and enjoy live music with Joel Cage.

Patrick's Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brew-

ery and raffle drawings at 6 and 7PM, followed by live music. An additional Grand Prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 7pm.

For more information on Patrick's Connect, or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect.

To learn more about Big Brothers Big Sisters of New Hampshire please visit www.bbbsnh.org.

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Sleep on it

That email that just irked you....
The text that made you see red and hit "reply" almost before you realized you'd done it...

The stupid, hurtful or thoughtless remark someone tossed your way in a conversation that made you instantly upset...

These things require an immediate response, don't they? Are we supposed to let someone email/text/say things like that and not react to them??

Maybe not. Maybe there is value in not replying right away. It goes against what our "instant" 21st century lifestyle professes, which is that fastest is best: fastest Internet speed; fastest-moving line at the grocery store; fastest roller coaster; quickest and best come-back remark. It's all about being instantaneous.

But perhaps we need to learn to practice the pause...the deliberate rest before reacting. An angry emailed reply can't be un-sent, and the contents can't be un-viewed. Same for a hastily-sent text, or an equally bitter comment tossed back to the person who insulted you first. It's not about not defending ourselves, or about letting things roll off our backs. It's about waiting to react.

There's a very convincing school of thought that counsels sleeping on any big decision before making it. That can apply to small things too. The email from a coworker or client that rubbed you the wrong way might look a little different by the next morning. Maybe there was no harm meant, and you interpreted it wrong. Maybe it was an unfair complaint or personal remark against you, but in waiting to reply, you strengthen your position as the more even-tempered and reasonable person. Perhaps the sender of the nasty text also had time to reconsider, and now has the chance to apologize. In pausing before reacting, you allow those possibilities to happen.

While reacting hastily and immediately can feel great at the time, it can't be undone. Waiting a while – sleeping on it – can never hurt.

Never react because you think you must. Other than breathing, just about anything can wait one day.

Send us your letters!

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

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We're looking forward to hearing from you!



COURTESY

Lakes Region Rotary builds handicap access ramp

Members of the Lakes Region Rotary Club spent several hours the Friday afternoon before Memorial Day weekend building a handicap ramp for a Gilford resident. Middleton Lumber in Meredith generously donated building materials, and individual Rotarians made financial contributions toward the project. A great example of teamwork and Rotary's mission of 'Service above Self' at work in the community! Pictured from left to right are Rotarians Bob Ewell, Ben Wilson, Dennis Bothamley, the two grateful homeowners, and Rotarians Jeff Pierson, Jim Chase, and Larry Greeley.

A retreat that restores faith

BY REV. MICHAEL C. GRAHAM
Gilford Community Church

Thirty years ago, when I was a brown-haired aspiring young minister, I took a group of youth from my church in Baltimore to a weekend retreat at New York City's Cathedral Church of St. John the Divine called "Nightwatch."

The weekend was one of the most enriching experiences of my life. The God talked about that weekend was so much larger than the tribal god of my faith tradition; not confined or contained by any one religion.



COURTESY

(Left) Pictured on the steps of St. John the Divine: Ethan Roys, Judy Cook, Scott Hodson, Mackenzie Roys, and Liv Arvidson.

Faith wasn't centered in a book or a building, but in ordinary life, and the struggles we encounter to live meaningfully. Feeding the hungry was every bit, if not more important, than simply praying for them and expecting God to do something.

Recently, a group of youth in our confirmation program (Liv Arvidson, Ethan Roys

SEE RETREAT PAGE A11

MARK ON THE MARKETS



BY MARK PATTERSON

There is a provision within many 401(k) plans that may be advantageous to a number of people who are in these plans but not aware of an

"In-Service" distributions

available option called "in-service" distributions. Employer 401(k) plan admins and Human resources departments typically do not advertise the option of rolling current 401(k) assets into a self-directed IRA. The law allows workers to distribute their 401(k) assets to an IRA, qualified account or pay the taxes and take cash. This of course is for people over the age of 59 and a half. Younger people may be able to move assets to an

other qualified account. Much information can be found in the plan documents as to whether your company allows the in-service distribution and what the rules are.

Before you move any money, you should have your tax professional or tax savvy planner review the plan documents and rules so you do not create a taxable event or a penalty.

There are many good reasons to consider an in-service distribution

if it is available to you. Many 401(k) plans do not offer the variety of choices that we may want to consider, especially as we approach retirement age. Professional asset allocation, lower fees, access to fixed indexed annuities that have guaranteed income are just a few reasons that it may make sense to consider moving some assets out of your 401(k). Structuring a bond ladder with varied maturity dates ver-

SEE MARKETS PAGE A10

FROM OUR READERS

Bolduc Park thanks community-spirited Individuals and businesses

To the Editor:

On behalf of Bolduc Park Association's Board of Directors, thank you to all of our volunteer workers and donors for the success of the updated bathrooms project at Bolduc Park clubhouse.

Bolduc Park is a not-for-profit organization operated entirely by volunteers!

For this project, we extend heartfelt gratitude to:

Frank Webb Home, Gilford
The Home Beautiful, Belmont
Build Better with Trombetta, Meredith
Gary Brunelle, Meredith
Precision Painting, Gilford
Engraving, Awards & Gifts, Laconia
Joyce Janitorial Services, Laconia
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Pemiglass & Mirror, Meredith
Sherwin-Williams, Laconia
Lowe's, Gilford
The Home Depot, Tilton
Target, Concord
Staples, Tilton
BJ's, Tilton

... thanks also to others who prefer not be mentioned. Your suggestions, expertise, and other con-

tributions made possible the successful completion of this project.

A big thanks to Bob Bolduc, Anita and Norman McKeown, and the Bolduc Park dedicated clubhouse and grounds crew volunteers, for their many hours and years of tireless effort in keeping Bolduc Park a fun place for families and individuals.

Since opening in the summer of 1994, thousands of visitors, of all ages, have participated at Bolduc Park's nine-hole, par three golf course, Christopher Daigle Memorial Disc Golf Course, snow shoeing, cross country skiing, and nature trails. Please visit online at bolducpark.com for more information, including lessons, leagues, tournaments and more.

We look forward to working together with the community on future improvement projects, and seeing you soon at the clubhouse, out on the greens or on the walking trails at Bolduc Park.

New volunteers are always welcome. If interested in becoming a volunteer greeter indoors, or working outdoors on the grounds, please phone Bob Bolduc at 387-4208, or stop by Bolduc Park for a visit, at 282 Gilford Ave., Gilford.

With gratitude,

Debra Brien
Bolduc Park Association Board Member /
Volunteer Project Coordinator
Gilford

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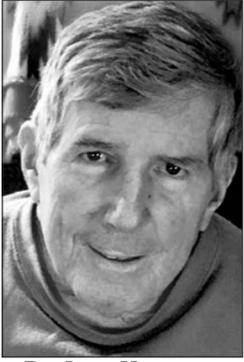
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NORTH COUNTRY NOTEBOOK



By JOHN HARRIGAN
COLUMNIST

Muzzle-loaders and tomahawks: Some silence in the library, please

ed across waist-deep through the upstream alders, ready to serve as pass receiver on the other side.

What I like about this story is that this dog-hurling business actually worked, and the dog still trusts me. When we decide to hold a staring contest, for instance, I can see no recriminations in her stare (I usually win that one. Most of the time she wins anything involving chasing and retrieval).

People are always bragging about their dogs. "Bess won a First in the Older Division," they'll say, or "Sully won Best in Show." It makes me want to jump up and say "Well, Millie won a blue in Bad Breath."

But I can truly say, "Well, I'm proud to be living with a dog that was not in the least upset about being hurled across a brook."

+++++



JOHN HARRIGAN

It's just a modest camp in the middle of nowhere, but all of life's essentials within: food, shelter, flyrods, and hornbergs—and maybe the latest issue of Harper's.

There is something about a camp with no road to it, meaning a walk-in camp, that somehow, almost inherently, makes it more dangerous. "You mean you have to walk in?" they'll say. And in the same tremulous

breath, "How far is it?" I could come up with a pack of lies here, because no one can truly measure distances in the woods. You use time instead, which by happenstance is exactly how they do it in the cities. "Blocks are so

yesterday," says my youngest. And from the direction-giver: "The Union Oyster House is five minutes that way."

Anyway, camp is about a 45-minute walk, more if you're packing stuff in, which we usually are. In an established camp, meaning one that has been used for some time, most of what you pack in is consumables. Most anything else you'll need is already there.

Like most, I have a partner in the camp venture, to share the blame, and both of us are chafing at the bit to get into camp, if only to throw open a window or three and make sure the place is still there.

We always find a dead mouse or two. This is, as kids so tellingly put it, "Yucky," or even better, "Gross." During the (relative) warmer months, I keep a cheap cloth-lined sleeping bag on my bunk (the other bunk is suspended

from the front wall). This way, the bed can serve as, sort of, a couch.

I keep a spare sleeping bag hanging from a rafter. This is the camp's unofficial Poor Planning Visitor's bag, for sure, but it's also the Dead Mouse Spare. Believe me, if a mouse has decided to make its final resting place deep down inside the bottom of your sleeping bag, you don't want to be anywhere near it, much less actually

(ugh) in it. This is a true back-country camp, and only the essentials are in it, the one exception being books. As the Walking Boss of the outfit, the decision on what's "essential" is mine. Ergo, we have a little library on a corner shelf.

Out West, the Mountain Man era was roughly 1810 to 1848. Rendezvous was an annual gathering in some more or less central place--Jackson's Hole, for instance--where SEE NOTEBOOK PAGE A11

Communicating from a distance: Seniors and technology

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A Changing Landscape

More seniors today are digitally connected than ever before. This is so important as seniors suffer from social isolation and loneliness which can negatively impact their health and overall wellbeing. About two thirds of seniors use the internet and smartphone adoption has nearly quadrupled in the past 5 years. They use technology to access informational and educational resources and to connect with loved ones. However, as seniors age further, they become less able to handle the increasing sophistication of technology and are at risk of losing their connection to what's important.

Below are a few pieces of technology that seniors can take advantage of today to help keep them connected to the outside world and especially family and friends.

Technology for Seniors

Cell Phones: Cellular technology represents one of the largest contributing factors to the convenience of today's communication. And though we may picture the latest iPhone or Android device when thinking about cellular technology, it's important to consider what seniors truly need. Fortunately, several cell phone manufacturers now offer phones designed with seniors in mind. At the forefront is Jitterbug's line

of phones that provide large text, big buttons, simple menus, and instant access to emergency contacts. Jitterbug and other similar providers offer basic phones and more advanced options for seniors looking for additional features.

Video Chat:

While nothing can fully replace the value of in-person communication, video chatting is the next best thing. This allows users to converse with and see each other in real time. Video chatting has become so popular that it's standard for many phones and tablets to include the option when a user makes a call. One of the most popular services available to seniors is Skype, which allows seniors a wide array of communication options, from text, voice, and of course, video.

Social Networking:

Facebook remains the number one social networking site, and it's easy to see why older adults are continuing to engage with it. The platform not only allows them to see pictures and videos of loved ones, but also provides the ability to comment on posts and privately exchange in-

stant messages. While seniors can certainly interact with others their own age on Facebook, they may wish to talk with those outside their circle of friends, especially when it concerns age-related issues. One of the best resources for this is AARP's online community, which allows seniors to share experiences and exchange valuable information.

Confidence Is Key

These days, connecting with friends and family members merely requires just a few clicks. However, what comes easy to some may be overwhelming to others, so it's important that you or whomever is introducing technology to your loved one, be patient and understand what barriers may be in place. Senior centers offer computer or technology courses that help older adults understand everything

from operating a cell phone to interacting on social media sites. These courses often focus on Internet safety and privacy best practices, which can help quell seniors' concerns.

About

Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

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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. 101
with any questions regarding the submission process.

Donald W. Curtis, 86

Donald W. Curtis, known to family and friends as "Don," born on Feb. 21, 1933 in Derby Line, Vt. to the late Elizabeth (Boyd) Curtis and the late Walter Curtis, passed away at age 86 on Sunday, May 19, 2019 after a long battle with Parkinson's.

Don graduated from Burdett College in Boston following his service from 1951 to 1955 in the Korean War with the Air Force. He became employed as a sales representative by Metropolitan Life Insurance where he spent 32 years climbing the ladder to eventually becoming an Agency Vice President before his retirement in 1991. Upon retirement, he enjoyed golf, bowling, his poker group, traveling and spending time with family.

Don was an active member of the Gilford Community Church, a member of the Bektash Shriners, as well as the Laconia Country Club.

He is survived by his wife of 62 years, Ferol (Norris) Curtis.

He was preceded in death by his parents, infant twin sisters Joyce



and Doris, and brothers Roland Curtis and Larry Curtis. Don is also survived by his son, Gary Curtis, and wife Liza; daughters, Brenda Nelson and husband Rick and Sandy Curtis; grandchildren, Ryan Nelson, Courtney Cavanaugh, Tyler Curtis and wife Haley, Lindsey Nelson, Hanna Michael and husband Zack; and great-grandchild, Levi Cavanaugh.

Friends and family are welcome to attend his Celebration of Life Service at the Gilford Community Church, 19 Potter Hill Rd., Gilford, on Saturday, June 8, 2019 at noon.

In lieu of flowers, please consider a memorial donation in Don's memory to the Bektash Shriners, PO Box 4086, Concord NH 03302.

For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Art window on Canal Street features works by BJ Eckardt

LACONIA — The U-Frame We-Frame "Art Window" on Canal Street in Laconia is showcasing Belmont artist BJ Eckardt during the month of June. As part of an ongoing art exhibit, shop owner Sara Rines has devoted one of the store windows to displaying the paintings of local artists for the community to enjoy.

This month's contemporary fine art painter, BJ Eckardt, is best known for her vivid and bold works. She renders moments in time, capturing light as it magically illuminates her subject matter. Her current exhibit at U-Frame We-Frame Art Window includes works in oil and acrylic.

"We are very excited to have BJ as our featured artist this month," said U-Frame We-Frame owner, Sara Rines. "The quality, creativity, subject matter and mastery of medium in her work is a wonderful. We invite the community to come by our shop and enjoy these special works."

Ms. Eckardt lives and paints at her home on Lake Winnisquam



Sara Rines, owner of U-Frame We-Frame on Canal Street in Laconia, (Left) and artist BJ Eckardt with Eckardt's painting "Water Lilies."

in Belmont. Originally from Sheboygan, Wisconsin, she graduated with honors, with a BS degree in Fine Art from the University of Wisconsin - Madison. BJ moved to New Hampshire in 1989 and is the former owner

and publisher of Business NH Magazine. Her paintings have won numerous awards and have been selected for juried exhibitions. She has shown her art around the state and she is a juried member of New Hampshire Art

Association.

U-Frame We Frame located at 50 Canal Street, is open Tuesday-Friday 10 a.m.-5 p.m. and Saturdays 10 a.m.-1 p.m. For more information call 524-6200 or visit www.uframewe.com.

Learn how diabetes affects the eyes at Taylor Community

LACONIA — Join us Monday, June 10 at 2 p.m. in Taylor Community's Woodside Building as Dr. Cynthia Lawrence discusses how diabetes affects the eyes. This free event is open to the public.

Doctor Lawrence received her Optometric degree with the New England College of Optometry and then completed a Primary Care residency at the Boston Veterans Affairs Outpatient Clinic in Boston.

She is Board Certified by the American Board of Optometry. She joined the Laconia Eye and Laser Center

in 2017 after practicing many years of medically oriented and primary care optometry at Dartmouth-Hitchcock Medical Center. Doctor Lawrence was also an Instructor at the Geisel School of Medicine at Dartmouth throughout her time there.

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.

LRPA kicks off salute to B movies this weekend

LACONIA— Cinematic history is filled with award-winning movies, breakthrough performances, landmark themes — and then there's everything else. Sometimes you just want to relax and watch something — a movie that is "so bad that it's good." LRPA has got you covered during the month of June with our first annual "Festival of the Restival," a celebration of the wacky, weird and wonderful world of B movies. Join us each Friday and Saturday night at 10:30 p.m. for a B movie treat! This weekend (June 7 & 8), we jump right into the deep end of the pool with 1959's sci-fi horror cult classic "The Killer Shrews," starring James Best, Ingrid Goude, Ken Curtis, Baruch Lumet and Gordon McLendon.

Capt. Thorne Sherman (Best) lands his boat on a remote island. He and first mate Rook are bringing supplies to scientist Dr.

Marlowe Craigis. However, a coming hurricane is complicating their ability to bring the supplies ashore. When Sherman rows to the island on a dinghy, he's greeted by Dr. Craigis, his daughter Ann (Goude), and researchers Jerry Farrell (Curtis) and Radford Baines (McLendon). Sherman notes that the group seems tense and strange, and is further struck by the fact that Dr. Craigis wants to send Ann back to the mainland on the return trip. Sherman informs them that they can't go anywhere while the storm is brewing. He accompanies the group to the island compound while Rook stays back on the boat. Sherman is made uneasy by the fortress-like compound, complete with high walls and locking gates. Is there some unseen danger on the island? Over cocktails later in the evening, the scientists explain their work to Sherman. They've been experimenting with genetic mutations on shrews. Shrews consume between 80-90 percent of their body weight daily, and, when hungry, will resort to cannibalism (!) if necessary. Sherman excuses himself to go back to his boat, but Ann stops him, telling him the island's terrible secret:

that the experiments have backfired (due to a careless error by an alcoholic, bitter Farrell), and that the shrews have become giant and bloodthirsty! It then becomes a race to get everyone off of the island safely. Will Sherman be able to save the group (and himself) in the process?

"The Killer Shrews" has everything: weird plot, terrible dialogue, low budget special effects (spoiler alert: the shrews are dogs in costumes!). It does feature better-than-average performances from both James Best (known for his role as Sheriff Rosco P. Coltrane on TV's "The Dukes of Hazzard") and Ken Curtis (Festus on TV's long-running Western "Gunsmoke.") Its has been called "One of the best worst films of the 20th Century." How can you resist? Join us after dark for dogs in shrew costumes and so much more.

Mark your calendars for this wondrous Restival Festival:

June 7 & 8 10 & 11: 1959's "The Killer Shrews"

June 14 & 15: 1971's "Evel Knivevel"

June 21 & 22: 1964's "Spider Baby"

June 28 & 29: 1959's "Plan 9 from Outer Space"

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. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,

- encourages artistic and creative expression,

- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

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



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Walter's Market gets new life

LACONIA — Lakes Region Community Developers (LRCD) bought the old Walter's Market building at 193 Court St., Laconia and is renovating it to serve as LRCD's new headquarters and the hub of its community building and engagement program in Laconia. LRCD plans to move into the new space by August.

The first phase of renovations includes build-out of the interior to accommodate 10 individual offices, community meeting space, and a large kitchen. Also planned in the first phase are significant upgrades to the exterior south wall of the building, including installation of windows, additional insulation, and new siding. Tradesman Builders of Laconia is the general contractor. The project is funded by a Community Development Block Grant from NH Community Development Finance Authority and a loan from Meredith Village Savings Bank.

LRCD is planning a



Pictured (L to R): Maureen Quinn – NH Community Development Finance Authority, George Hunton – NH Community Development Finance Authority, Carmen Lorentz – Lakes Region Community Developers, Larry Greeley Tradesmen Builders Corp., and Brian Chalmers – Meredith Village Savings Bank.

second phase of work in the future to complete the exterior treatment on the other walls of the building, as well as resurface the parking lot and do landscaping and signage improvements. Fundraising is ongoing for phase two.

Throughout its 26-

year history, LRCD has primarily developed healthy rental homes for people of low income. It now owns and operates 365 rental homes in Ashland, Gilford, Laconia, Meredith, Tilton, and Wolfeboro. Last year, LRCD expanded its mission to include other

types of real estate development that respond to needs in the community, as well as a new program to engage residents in leadership development to solve neighborhood issues.

"Our new building will provide LRCD staff and volunteers with more functional space in which to work and it will enable us to provide new programming that is needed in the community," said LRCD Executive Director, Carmen Lorentz. "As a non-profit community development organization, we are thrilled to be redeveloping a vacant building into a vibrant hub of activity. It's what we do best."

Laconia resident named to Curry College Dean's List

MILTON, Mass. — Curry College is proud to announce that Bryce Hanover of Laconia has been named to the Dean's List for the Spring 2019 semester.

To qualify for the Dean's List, students must earn a 3.30 GPA, have no incompletes, and have no grade lower than a "C" for the semester.

About Curry College
Founded in 1879, Curry College is a private, four-year, liberal arts-

based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 27 undergraduate majors, as well as graduate degrees in business, education, criminal justice, and nursing, with a combined enrollment of approximately 3,000 students. The student body consists of approximately 2,000 traditional undergraduate students,

and over 1,000 continuing education and graduate students. Approximately 75% of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education. The College offers a wide array of extra-curricular activities ranging from 14 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at www.curry.edu.

Mill Falls properties sold Rhode Island company to take over as Rusty McLear steps aside

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — All Mill Falls on the Lake hotels are now under new ownership after being sold to a Rhode Island Company with former principal Edward "Rusty" McLear stepping aside.

As of April 26 the Hampshire Hospitality Holdings properties including the Mills Falls, the Chase House, the the Inn at Church Landing, the Inn at Bay Point are now owned by TPG Hotels & Resorts of Cranston, Rhode Island.

McLear said a number of factors went into his decision to sell the company. He is 73-years-old now, and others in the company are close to that age, plus they have been managing these properties for the past 36 years.

The properties consist of 300,000 square feet of wooden buildings, some of which are quite old. McLear said they capital budget has more than doubled in the past four or five years and will proba-

bly double again in the next five years.

"That would mean (we) would have to spend \$5 million a year to keep the place up," McLear said. "That is going to be a problem."

He researched the recent history of older properties such as the Mountain View Grand Resort, the Mount Washington Hotel, and Plymouth By the Sea in Massachusetts. He said all of those had the same problems that eventually got much worse for the businesses.

McLear said the options were to find a rich

partner or a big company to partner with or sell the company. After consideration the decision was made to sell.

McLear worked with JLL, a company out of Chicago that sells commercial real estate. With no desire to publicly advertise the company, JLL put word out to CEO's and other large company owners that the company was up for sale. McLear and his partners put together a prospectus, which was sent out to 14 different companies. Within a month 12 of those companies said

SEE MILL FALLS PAGE A11

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Distributed in the August 15th issues of:

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Sadie is a local NH surrender. She is roughly 1 year old, house and leash trained. She knows sit and down. She is very food motivated and ready to learn! Sadie can be a little rough around other dogs, and will require a bit of training in order to be good with other dogs. At this time, she is looking to be the only pup in the home, may do well with children 12 or older, and has lived with cats perfectly fine in the past. This sweet girl has been working with care and training staff for months now, learning manners and patience. Sadie is now our longest term resident at the NH Humane Society, and would love more than anything to have somewhere other than a concrete room to call home, and someone other than kennel staff to call family.

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Winnepesaukee Scenic Railroad announces Motorcycle Week schedule

LACONIA — The Winnepesaukee Scenic Railroad, based in Meredith & Weirs Beach, is pleased to announce it will once again offer a special train schedule for those attending the 96th annual Laconia Motorcycle Week scheduled for June 8-16.

Of the three major motorcycle rallies that take place annually in the United States - Daytona, Laconia and Sturgis - Laconia is the only major motorcycle rally to include train service for its attendees. In addition to train service, it's also the oldest event dating back to 1924. In 2019, event officials are expecting more than 250,000 riders from



Of the three major motorcycle rallies in the United States - Daytona, Laconia and Sturgis - Laconia is the only major motorcycle rally to include train service for its attendees. The above photo shows the Winnepesaukee Scenic Railroad motorcycle week train arriving in Weirs Beach, the heart of Laconia Motorcycle Week activities.

COURTESY

- Departures from Meredith to Weirs Beach every hour on the half hour from 10:30 a.m. to 4:30 p.m.
- Departures from Weirs Beach to Meredith every hour on the hour from 11 a.m. to 5 p.m.

FRIDAY & SATURDAY - JUNE 14 & 15

- Departures from Meredith to Weirs Beach every hour on the half hour from 10:30 a.m. to 8:30 p.m.
- Departures from Weirs Beach to Meredith every hour on the hour from 11 a.m. to 9 p.m.

The Winnepesaukee Scenic Railroad's Meredith Station is located just off Route 3 in Meredith, at 154 Main St., while the Weirs Beach Ticket Booth is located at 211 Lakeside Ave., directly across from the arcades at Weirs Beach. For more information regarding 2019 departure schedules and special events for the Hobo & Winnepesaukee Scenic Railroad, visit www.HoboRR.com or call 745-2135.

Skilled nursing facility administrator receives national recognition

LACONIA — Brenda Buttrick, RNC, LNHA, administrator of St. Francis Rehabilitation & Nursing Center in Laconia, was named a recipient of the Eli Pick Facility Leadership Award, one of the highest honors bestowed to skilled nursing leaders on a national level.

Presented by the American College of Health Care Administrators (ACHCA), the Eli Pick Facility Leadership Award honors a select group of administrators who demonstrate leadership excellence and superior facility performance related to various health, safety and quality measures. Only two hundred and eighty-six administrators across 35 states



COURTESY PHOTO

Brenda Buttrick

received the award.

"Brenda is someone who gives her heart and soul to the hundreds of seniors across the Lakes Region that she and St. Francis are proud to serve," said Alain Bernard, assistant vice president of healthcare services for Catholic Charities New Hampshire. "The

residents love her, the staff looks up to her and the community is a better place because of her. We're incredibly proud of her as she is recognized for this extraordinary honor."

Buttrick was honored at ACHCA's Annual Convocation and Exposition in Louisville, Ky. on Monday, March 18.

St. Francis Rehabilitation & Nursing Center, which is owned and operated by Catholic Charities New Hampshire, has provided high quality, compassionate and person-centered skilled nursing rehabilitation, long-term care and independent living programs for seniors throughout the Lakes Region since 1948.

across North America to enjoy riding on New Hampshire's scenic roads and highways making it one of the best attended events in the United States.

For those wishing to avoid traffic delays to and from Weirs Beach - the hub of Laconia Motorcycle Week activities - round-trip train service will be available from Meredith, NH into Weirs Beach and back. Free park-

ing is also available in Meredith for motorcycles, cars and trucks. The cost of round-trip tickets from Meredith to Weirs Beach and back is \$20.00 per person for ages 4 and up which includes parking in Meredith, while ages 3 and under ride for free.

SATURDAY, SUNDAY & THURSDAY - JUNE 8, 9 & 13

International Film Series continues with two entries this month

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers two films for viewing in the month of June: "The Color of Freedom" and "My Love Don't Cross the River," as selections for the International Film Series. This series offers a monthly selection publicly shown from September through June at the Laconia Public Library. For June through August two selections are made available each month at the Laconia Library that are not publicly shown. Please make your selection from the International Series library shelf.

In "The Color of Freedom," Nelson Mandela is arrested as a young man. James Gregory has moved to South Africa with

his family to work in Robben Island prison. It is his task to watch and censor Mandela. He slowly becomes uncomfortable with the politics and racist culture of the people of his own race. Gregory begins to express discomfort with the South African apartheid. In time, their friendship grows and Gregory challenges his superiors as he seeks to improve Mandela's life in prison. Mandela is finally released after twenty-seven years of imprisonment, and becomes president of South Africa. This 2007 film is based on a book written by James Gregory.

"My Love Don't Cross the River" is a South Korean film that follows the true story of an elderly married couple, Jo Byeong-man and Kang Kye-yeol, until the last

moments of their 76-year marriage. This was filmed in the couple's mountain village in Gangwon Province over 15 months. Byong-man and Kye-yeol have been inseparable companions for the past 76 years. Living in their small home by the river, their twilight days of tender moments are captured revealing simple acts of affection—from good-natured leaf or snowball fights, to picnics with neighbors, and dance parties.

"My Love, Don't Cross That River" premiered in 2013. Through word of mouth it became the most commercially successful Korean film of its kind of all time.

Be sure to find these films at the library or order them through your own library!

The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at Lsoup03@gmail.com.

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SHAKER REGIONAL SCHOOL DISTRICT 2019-2020 COACHING POSITIONS

Shaker Regional School District is seeking Coaches for the 2019-2020 season. Openings for these stipended positions include Cross Country Head Coach; JV Girls Soccer; and Head Track at Belmont High School as well as Girls Soccer at Belmont Middle School. Previous coaching experience is preferred but not required. Send a current resume and letter of interest via email to Paul Landau, Athletic Director at plandau@sau80.org or by mail to Mr. Landau at Belmont High School, 255 Seavey Road, Belmont, NH 03220.



Reduce, Re-use, Recycle!

Belknap Landscape partners with Prescott Farm

LACONIA — After 30 years in business, Hayden McLaughlin understands the importance of providing quality, expert service. The founder and owner of Belknap Landscape Co., Inc., McLaughlin and his team have also consistently shown a commitment to the Lakes Region's environment and community organizations. That commitment is now on display in the Learning Garden at Prescott Farm Environmental Education Center.

Hayden and his team, it became clear that there's a huge overlap between the community members who visit our gardens and trails and participate in our programs and the customers they want to reach. We're excited to see how this partnership evolves and hope it will spark the interest of other local businesses in partnering with us in some way."

Organic Gardening Series
At Prescott Farm, Service Learning



Opportunities, like the Belknap Landscape-sponsored Organic Gardening Series, provide current and potential volunteers with hands-on education and training in their area of interest. The current core group of organic garden volunteers meet monthly with School & Community Programs

Director, Andie Hession. Each session is dedicated to a specific gardening task – from planning the garden to harvesting and winter prep – followed by a planning portion where volunteers sign up for specific times to return to Prescott Farm's gardens to maintain the plots.

COURTESY
(Left) Hayden McLaughlin (far L) and Jeff Sirls (far R) of Belknap Landscape Company, Inc. visited the gardens of Prescott Farm during a recent Organic Gardening service learning program.

"The willingness and dedication of the garden volunteers is truly inspiring," Hession said. "Because they perform the day-

SEE PARTNERSHIP PAGE A11

This spring, Belknap Landscape became an Adventure Advocate business partner with Prescott Farm. The partnership helps Prescott Farm fund two programs: the 10-part, three-season Organic Gardening Service Learning Series and "Nature Artists," a week of WildQuest Summer Camp.

"It's a natural fit for us to support Prescott Farm with this partnership," McLaughlin said. "We appreciate their commitment to educating the community about the natural world and recognize that our association with them is mutually beneficial."

"We are so grateful for Belknap Landscape's generous support of these programs," Hamel said. "In talking with

Memorial Day concert raises record funds

MEREDITH — An enthusiastic packed house in Meredith enjoyed the distinctive a Capella style of Five O'Clock Shadow (focs.com), the Boston based award-winning vocal group, on Saturday night May 25. The concert was presented by "We Care" of Temple B'nai Israel to benefit the Lakes Region Visiting Nurse Association (Irvna.org). The stirring performance had everyone wondering how they were hearing guitars, harmonica, drums, and horns with only six guys on stage singing their hearts out. FOCS has perfected the art of imitating the sound of the instruments while

singing and harmonizing some of the most iconic music of the last 50 plus years. In addition to the innumerable contemporary tunes, the group led the audience in singing "The Star-Spangled Banner" as a salute to those who have served and those who gave the ultimate sacrifice. The evening was capped off by a rousing performance of Queen's Bohemian Rhapsody bringing everyone to their feet with thunderous applause.

Everyone in attendance that night also feasted on the array of desserts homemade by TBI members, platters of cheese and fruits generously provided



COURTESY
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by Moulton Farms and Hannaford, as well as

coffee supplied by McDonald's.

Now in its sixth year, "We Care" has presented eleven concerts that has raised nearly \$85,000 that has benefit-

ted nine different local agencies. In addition to ticket sales, the funds raised come from online social media campaigns as well as main event sponsors. We Care thanks Miracle Farms Landscaping, Cantin Chevrolet and Golden View Health Care for their contribution to this concert as main event sponsors.

The We Care concert series will conclude the 2019 season on Saturday night, Oct. 26, when Doo Wop DeVille will perform the greatest hits of the golden era of rock and roll. The evening will benefit Interlakes Community Caregivers, volunteers who provide services to individuals and families in times of need. Tickets are available now at www.tbinh.org.

Take home orders from Jewish Food Festival

LACONIA — It's that time of year when everyone in the Lakes Region begins to dream of luscious homemade delicacies from the kitchen of Temple B'nai Israel in Laconia. Mouthwatering blintzes, beef brisket, meat knishes, potato knishes, latkes (potato pancakes), matzo ball soup, noodle kugel, stuffed cabbage, rugelach and strudel, all cooked, frozen and ready to heat up at home. Also available for take home is freshly packaged chopped herring, corned beef, pastrami, tongue, and chopped chicken liver. But don't wait – Take

Home orders are being accepted until June 16.

You don't have to be a member of TBI, you don't even have to be Jewish, all you need to be is someone who loves good home cooked food. If you want to be sure you don't miss out on your favorites, orders now online at www.tbinh.org. Most major credit cards (see specifics on the site) and PayPal are accepted. This order process insures availability of the foods people crave in the quantities they desire.

Take Home orders will be ready for pick up on Saturday, July

13 between 10 a.m. and 3 p.m. or at the Jewish Food Festival on Sunday, July 14 from 11 a.m.-2 p.m. at Temple B'nai Israel, 210 Court St. in Laconia. For orders of \$65 or greater, you will receive a copy of the TBI cookbook from which many of the

prized recipes are derived.

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All questions may be directed to foodfestival@tbinh.org.

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Edward Jones: Financial Focus

Do You Have a Business Succession Strategy?

If you own a business, you've always got plenty to think about: sales, marketing, employees, competition, industry trends, consumer preferences – the list goes on and on. It's easy to get so caught up in your work that you might not take time to think about retirement. But if and when that day arrives, you'll want to be prepared – which means you need a business succession plan. And you will have to put considerable thought and effort in selecting such a plan, because you've got

several choices. You could keep the business in your family. You could offer it to an employee or an outsider. You could design a plan that will take effect while you're alive or after you've passed away. Your decision should be based on several factors, including your family situation, the nature of your business, and your overall financial position (including the composition of your investment portfolio), but, at the outset of your search, you may want to know about some popular succession strate-

gies, including: Giving the business away – You can leave your business to your children, but if you transfer it during your lifetime, you may be able to obtain some valuable benefits. For example, by relinquishing control gradually, you can be reassured that your children will be able to manage the business on their own. This strategy may also offer tax benefits. You can give your business away outright, but you may want to consider using a trust or family limited partnership, both

of which may allow you to control the business for as long as you want, while still receiving a regular income stream. Selling the business outright – You can always sell your business outright whenever you like – right now, when you retire or some time in between. Of course, any sale brings tax considerations. Using a buy-sell arrangement to transfer the business – Instead of simply selling the business in a traditional transaction, you could employ a buy-sell agreement. With

this arrangement, you can generally determine when, to whom, and at what price you can sell it. If you would like to keep the business in your family, you may be able to fund the buy-sell agreement with life insurance, so family members could use the death benefit to buy your ownership stake. Buying a private annuity – When you buy a private annuity, you can transfer the business to family members, or someone else, who will then make payments to you for the rest of your life, or, possi-

bly, for your lifetime and that of a second person's. In addition to potentially providing you with a lifetime income stream, this type of sale can remove assets from your estate without triggering gift or estate taxes. These and other techniques can be complex, so before deciding on what is best for your situation, you'll want to consult with your tax, legal and financial advisors. By taking your time and getting the professional help you need, you can make a successful succession choice.

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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DERBY

(Continued from Page A1)



ERIN PLUMMER

Families fish from the trout pond at Gunstock during the 64th annual Belknap county Sportsmen's Association Kids Fishing Derby.

the fact it's easily accessible and they've been a great host," Dumais said.

The derby is meant to be a few hours of fun for kids. Kids took art in the derby for free and received free bait and a free hotdog and burger lunch.

At the end of the derby, trophies were given to the kids who caught the three heaviest fish. Each kid who participated received a free tacklebox worth \$20.

Around 80 kids took part in the derby and a total of 66 fish were caught.

Max Ryder of Belmont, 10, caught the biggest fish at 16 and a quarter inches.

This was Max's first time at the Sportsman's Association Derby. He said he wanted to do it after hearing his friend got second place a previous year.

He said catching his winning fish was a big challenge, but he got some help pulling it out.

"It was hard, it took us like 45 seconds," Max said.

Aiden Hatch of Ashland caught the second biggest fish and Beckett Bragdon of Meredith caught the third



ERIN PLUMMER

Lillian Petersen caught the most amount of fish in the derby.

biggest. Lillian Petersen of Belmont caught the most fish.

Volunteer Bruce Klinger said he especially loves seeing the looks on the kids' faces when they catch a fish.

The event also featured a number of raffles.

The United Baptist Church in Lakeport is raffling off a mini Jeep. Tickets are \$20 each, and can still be purchased through the church by calling 524-8775 for the drawing on July 20.

Brady Gebo, age seven-and-a-half, fished with his grandfather Peter Robie of Lacoia. By the end of the derby he had caught four rainbow trout "I'm so happy that my pépé took me because I caught four rainbow trout so far," Brady said. "He taught me how to cast."

Robie said he was enjoying the day out fishing with his grandson.

"It's a beautiful day, it's nice weather for fishing: not too hot,"

Robie said.

Members of the Blackey and Buskey families of Meredith came out for the derby, bringing out around 10 family members of all ages.

"The kids just like the fishing derby," said Tom Buskey.

Ryen Blackey said it was a fun event that got them outdoors.

"It's good to get the kids out," said Hayley Morse.

Lacey Buskey especially liked, "That we catch fish."

CONSERVATION (Continued from Page A1)

other from the Moose plate grants and were intended for a few projects in Gilford.

One project improved the habitat for woodcocks, a bird that is listed as a threatened species.

In tangent they did a project was to replace wood in Poorfarm Brook. Morin said a lot of people would take wood out of brooks with the idea that it could be hurting the waterbody. She said now they know the opposite is true, the presence of wood in the brooks helps slow the water down and prevents flooding and erosion.

The wood also provides a habitat for certain fish species and is a habitat for the woodcock.

The Belknap County Conservation District worked with Trout Unlimited to anchor wood in certain areas of the brook. According to the project's final report work began on June 12, 2018 and was completed around July, 13, 2018. A crew of six members going into different teams felled trees in the zone by the stream and a total of 37 wood structures were put into the stream.

The Conservation District also wanted to upgrade the Wetlands Walk, a wood boardwalk around Gunstock.

"Because it is 20-years-old there's some sections that are subsiding," Morin said.

TOP TEN (Continued from Page A1)

science. She has done competitive gymnastics along with school clubs.

Troy Gallagher is going to Texas Technical College for a degree in Petroleum Engineering. This major combines his three favorite courses, Earth Science, Chemistry and Math. Gallagher is a three sport athlete, and has been the class treasurer, Vice President of National Honor Society, and a member of the school band.

Maggie McNeil's college choice is Norwich University, majoring in Mechanical Engineering. She chose this college because she can play on the Women's Volleyball Team and still focus on her challenging major. McNeil is the Senior Class President, the President of the Varsity Club and

a member of several other clubs.

Ashley Loureiro has been active in technical theatre throughout high school. She plans to attend Plymouth State University to study business.

Mariah Finley-Gardner will be attending Southern New Hampshire University, and plans to major in Psychology with a goal of becoming a pediatric psychologist. She has participated in French Club, Student Council, and several other clubs.

Rhiannon Day will be heading to Canada to attend Bishop's University for International Studies and French. She is a three sport athlete, plays Capitals Ice Hockey, and participated in a number of school clubs.

LIBRARY (Continued from Page A2)

ready to add more weight to the workout. Most of the exercises are performed in chairs, but you can do them standing if you prefer. No floorwork!

Father's Day Drop in Craft: My Pop Rocks Art, 10:30-11:30 a.m. or 3:30-4:30 p.m.

Come make a unique art piece and card for your favorite guy for Father's Day! Sign up required.

Volunteer Appreciation Brunch, 11:30 a.m.-1 p.m.

Conversational French, 4-5 p.m.

Adventure in Iceland, 6:30-7:30 p.m.

Paula Hiuser from Epic Global Adventures and Karen Bobotas will discuss Iceland at night, purposeful travel, the benefits of small group adventures and some upcoming tours.

MARKETS (Continued from Page A4)

sus a bond fund whose maturity dates can't be customized 401(k)s only option, is a real consideration for in-service distribution. Some 401k plans offer a choice for the purchase of individual stocks. While that is a great option, I would want to buy these stocks in my self-directed IRA to avoid the 401(k)s plan administrative cost.

Moving assets out of your 401(k) doesn't mean that you can no longer participate in the plan. You should still use the plan at least to the extent of the employer match, if they match.

Many employers have done a great job choosing a 401(k) plan that offers low cost index funds or at least an assortment of funds that offer variety for good diversification. Some plans are not so good. If your plan has few choices and high fees, you may want to ex-

plore your options.

As an advisor, I believe that an IRA offers much more flexibility and choices than a 401(k) plan, but if you are new to the work force and have not really accumulated assets in your 401(k), then by all means defer as much of your income as allowed into the plan or at least as much as the employer matches. If you have access to a Roth IRA or 401K you may want to pay the taxes now and let the money grow and take distribution in retirement, tax free, as you approach retirement age, the choices for allocation and deployment of assets becomes more sophisticated than many 401(k) plans can deliver.

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

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RETREAT

(Continued from Page A4)

and Mackenzie Roys), along with their mentors (Judy Cook and May Stewart) and Scott Hodsdon, the Director of Youth and Family Ministries, made their way to the Cathedral's Interspiritual Retreat, an inclusive program created for youth of all faiths. It explores music, spiritual disciplines, stories and wisdom from a variety of the world's religious traditions, including Buddhism, Hinduism, Judaism and Christianity.

Mackenzie Roys noted that "The cathedral

was gorgeous. I felt it was a great experience. It was different from our service and it was new and odd at times, but I enjoyed it overall. There were a lot of meditation activities which I enjoyed. We walked a labyrinth, and that really made me think about anything and everything along with what it represented. It was an experience I will remember for a long time. I'm glad that we went, and I think that everyone had a good time."

In a world where religion is often bet-

ter at building walls than bridges, more proficient at keeping people separated than bringing them together, I was thrilled that our youth could be engaged in a weekend focused on what we hold common, while respecting our differences: to have meaningful conversations where the goal was to learn and understand and not convert. Weekends like this leave me hopeful that perhaps civility might make a comeback, and decency triumph over demonizing.

NOTEBOOK

(Continued from Page A5)

trappers traded some pelts for goods but sold most of their furs for the fashion industry.

But one of the main reasons for the original rendezvous was to enable trappers and traders and other denizens of the high

country to swap books. It's hard to imagine. There's all that wrestling and shooting and tomahawk throwing, and hard drinking and poker long into the night--but on most of these rough and tough men's pack-horses,

there was always room somewhere for a sack of books.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

MILL FALLS

(Continued from Page A7)

they were interested and visited the property, then four made an offer.

The sale was made to TPG Hotels & Resorts of Cranston, Rhode Island owned by the family-run Procaccianti Companies. The company manages over 160 hotels and over 30,000 guest rooms around the country, operating and developing hotels for Hyatt, Hilton, Marriott, Wyndham, and a number of others.

"They were big enough to make sure the properties can be taken care of," McLear said.

McLear said Procaccianti Companies President and CEO James Procaccianti has a son who attends New Hampton School and he has stayed at Mill Falls properties numerous times.

"Mill Falls at the

Lake is a remarkable destination our family has admired and visited for decades," Procaccianti said in a statement posted on the company Web site. "Opportunities to operate heirloom-quality, historic properties like Mill Falls are extremely rare and we feel privileged to be the new custodians of the tremendous legacies the company has established within the community."

McLear said the sale was an emotional process.

"I realize this was absolutely the right thing to do, it made it much easier to do," McLear said. "It's still pretty emotional to me."

All of Mill Falls' employees have been retained including General manager Gail Batstone, Head of Engineering Tim March-

and, head of spa Martha Zyla, and more. The company will still retain the Common Man restaurants. McLear said he himself is the only current member of the company who will not be continuing.

"It's been a great ride, and a great community to hook my wagon to," McLear said.

McLear will be staying in Meredith and will focus on his own company Granite State Hospitality. McLear and Alex Ray of the Common Man will continue their involvement in the Hooksett Welcome Centers on I-93 (along with partner Brad Pernaw) and the Common Man Inn and Restaurant in Claremont. McLear will also keep the Ekal building, the Mobil gas station, and a number of buildings on Main Street.

McLear said they did purchase a large piece of land on Main Street for an as-yet unnamed project. The company's main offices will be located in a building on Main Street, which they are moving into now.

McLear, Ray, and Pernaw will be opening some small Common Man Roadside stores similar to the ones at the rest areas. So far plans are in place to open one in Plymouth and one in Manchester.

McLear said he has gotten a lot of support from people in town since word of the sale got out.

"I can't tell you how many people that have come up to me in the grocery store and the post office who have said kind things," McLear said. "Pretty much the whole thing's been great."

PARTNERSHIP

(Continued from Page A9)

pants, Fledglings preschoolers, WildQuest campers and visitors benefit from all there is to learn in a garden."

WildQuest Day Camps

WildQuest camps are nature-based and emphasize the fun of learning and exploration of the natural world. Camps take place during school vacation weeks in February and April as well as for nine weeks in the summer. Belknap Landscape is sponsoring "Nature Artists" week which is the kick off to the 2019 summer camp season. The week of June 24 will bring out the science- and nature-loving artist in each camper as they learn how the beauty of nature inspired many historic naturalists, and how it helps promote environmental stewardship today.

"Support from business partners and donors like Belknap Landscape are absolutely vital and incredibly appreciated," Prescott Farm Executive Director Jude Hamel said. "As a small nonprofit, we rely on the connections we make with in-

dividuals, businesses, and community leaders like Hayden to help us expand the scope and impact of our mission."

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 details about business partnership opportunities, service learning, volunteering, WildQuest Camps, memberships and more, visit prescottfarm.org or call 366-5695.

Belknap Landscape Company is a family owned full service landscape company located in Gilford. Established in 1988 by Hayden McLaughlin, Belknap Landscape owes its 30 years of longevity to a commitment to quality and horticultural expertise while exhibiting a unique concern for the Lakes Region, the environment, and our community connections. Visit belknaplandscape.com for more information.

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ENGINEERING (Continued from Page A1)



Senior Troy Gallagher brought forward the concept of turning Power Wheels into mobility devices after doing a similar project at St. Paul's.

of the last parts is having the kids sit in the vehicles and try them out, then make adjustments accordingly. The vehicles should be ready around next week.

Gallagher said this

experience has been "incredible." "The best part is when you give them the vehicle and see the expression on their face," Gallagher said. "You see how happy their faces are."

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SPORTS

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Golden Eagles get revenge on Giants, advance to Final Four

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School baseball team is on a roll, with the Golden Eagles cruising to an 8-2 victory over Bishop Brady to advance to the semifinals of the Division 3 state tournament.

The game was a rematch of last year's playoffs where Bishop Brady came away with an upset to knock the top-ranked Golden Eagles out of the playoffs. This time, Gilford was ready and responded with a solid win to advance.

"I guess you can say that the kids were waiting for this rematch for, well, about 365 days," said coach Eric Duquette. "We had a lot of guys back and these guys don't forget something like that."

Duquette admitted that rematch games like this can be tough, and



RC GREENWOOD

Isaac Wallace was the winning pitcher in the final game of the regular season against Newfound.

Weston wins D3 javelin championship

BY BOB MARTIN

Bob@Salmonpress.news

DURHAM – The Gilford High School track and field team traveled to the University of New Hampshire on May 25 for the Division 3 state championship, with the girls' team placing ninth and the boys' team placing 12th, highlighted by a big win in javelin by Corey Weston.

Girls

In the 400 meters, Natalie Fraser placed second with a time of 1:00.73. She was one .01 behind Skylar Tautkus of Laconia, in what was a battle down the stretch and a photo finish.

In the 100 meters, Laurel Gingrich placed fifth with a time of 13.74 and Brianna Fraser was eighth with a time of 13.84.

In the 800 meters, Lindsey Sanderson was 14th with a time of 2:41.52 and Samantha Holland was 15th with a time of 2:44.21.

In the 3,200 meters, Vanessa Genakos was 10th with a time of 13:28.29.

In the 100-meter hurdles, Emma Ramsey was fifth with a time of 17:55. She was also ninth in the 300-meter hurdles with a time of 53.46.

The 4X100-meter relay team was third with



BOB MARTIN

Corey Weston was the state champion in the javelin this year with his best throw of the season.



BOB MARTIN

Natalie Fraser was second in the 400 meters at the Division 3 state championship, just behind Skylar Tautkus of Laconia.

a time of 53.41. It consisted of the Fraser sis-

SEE TRACK PAGE B2

players can worry more about that game than what it takes to win the one at hand.

"When we saw Brady in the bracket they were so excited, but I knew they were going to be tough because they are a really good hitting team," said Duquette. "But the guys were fired up and they played well."

Isaac Wallace went the distance on the mound for the Golden Eagles, allowing two earned runs on seven hits and two walks, while striking out three batters. He pitched 111 pitches in the game and while he will not be able to pitch for in semifinals, he will be available for the final game if it happens.

Alex Muthersbaugh led the offense for the Golden Eagles with a double and three RBIs. Tim Stevens continued to be hot at the plate with a 2/3 showing, including a double, an RBI and a run scored. Cody Boucher had an RBI, as well. T.J. Carmilia was 2/2 with a walk and Ben Muthersbaugh also had two hits. Adrian Siravo was 1/2 and was walked twice.

While Wallace isn't available for the next round, Siravo and Alex Muthersbaugh are on full rest. In the first round of the playoffs Duquette

said he was able to limit the pitch counts and this should set the Golden Eagle pitching staff up nicely the rest of the way. In five innings, Gilford pitchers only threw 45 total pitches, with Siravo only pitching the first two innings of the blow-out victory over Berlin.

"We are really playing well," said Duquette. "This format is really a grind with three games in five days if you're lucky enough to advance, but that's a good problem to have."

Gilford took on White Mountains after deadline and the winner goes to the Division 3 state tournament.

Gilford vs. Newfound

The final game of the regular season for Gilford was against Newfound, and the Golden Eagles took care of business with an 8-4 victory. Gilford had 14 hits but did have some trouble in the field allowing six errors.

Siravo was 3/3 with a homer, a double and a pair of runs. Wallace was 3/4 while Chandler Mead was 2/3 with a double, triple and four RBIs. Carmilia was 2/3 while Alex Muthersbaugh and Stevens went 2/4. Wallace was the winning pitcher with two innings, one hit and five strikeouts.

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BOB MARTIN

Colin McGreevy defends the net for Gilford in the first round of the Division 3 state tournament.



BOB MARTIN

Colter Dehart brings a ball up the field for Gilford.

Gilford knocked out of playoffs in first round

BY BOB MARTIN

Bob@salmonpress.news

MEREDITH – The Gilford High School boys' lacrosse team had a 5-9 record to end the regular season, which tied Plymouth, but the Golden Eagles snuck into the Division 3 state tournament as a nine seed.

Gilford took on eighth-seeded Inter-Lakes/Moultonborough Academy on the road in the opening round of the playoffs, and despite keeping the game close throughout, the Golden Eagles took a 14-10

loss to end the season. It was a rematch between the Lakers and Golden Eagles, where the Gilford squad previously won 10-8. However, this time the Golden Eagles couldn't control the offense of Liam Brown of the Lakers, who lit up Gilford for six goals en route to the win.

It was anyone's game at halftime with Inter-Lakes holding a 10-7 lead, and then Gilford tacked on a goal about 1:30 into the third quarter to cut the lead to two goals. Goalie Colin McGreevy

made a couple nice saves in the next several minutes, but with 7:11 remaining in the third quarter Brown of ILMA had a nice shot that went past McGreevy to make it 11-8.

Andrew Spicuzza scored a goal two minutes later to go up 12-8 but then Curtis Nelson got Gilford back on the board to make it 12-9 on a shot from about 10 yards out. Anthony Yopp of ILMA scored with about a minute left in the third quarter to go up 13-9 followed by an early fourth quarter by Max

Hentz to give ILMA a 14-9 lead. Max Bartlett scored for Gilford to make it 14-10 but the Lakers managed to hold off Gilford to advance to the second round of the state tournament.

Coach Mike Robbs acknowledged that this was a hard-fought, physical game between two rival squads and he said penalties were the killer for his Gilford squad. He also said it was a day where his team "just didn't have it."

Jason Callahan had four goals and three assists while Bartlett and Nelson had two

goals apiece. Colter Dehart added a goal and an assist, and Brandon Gallagher had a goal.

Robbs said following the game that there is plenty of work that needs to be done if Gilford wants to get out of the first round of the playoffs next season, but also had words of praise for those who went out and worked hard to get to the state tournament.

"I'm real proud of this team," said Robbs. "They are a young team and we are going to lose five seniors. We had an injury bug, and numbers were an issue

with us starting with 21 and ending with 16 players."

Robbs said a focus of his in the offseason will be to have the players working better together. He said it is about getting their heads in the game and becoming more of a lacrosse family.

"Our teamwork hasn't really been there at times," said Robbs. "Our kids have been battling with themselves more than they battle the team across from them. Discipline and teamwork will be a big thing for us to be a better team next year."

Lacrosse girls fall in final two games

BY BOB MARTIN

Bob@salmonpress.news

GILFORD – The Gilford girls' lacrosse team had its final two games of the season last week with losses to Bow and Hopkinton, but coach Dave Rogacki had positive things to say about his squad.

"The young Eagles growth was visible in the last week of the regular season," said Rogacki.

On May 22, the Eagles traveled to Bow and fell 15-9 in a game where Rogacki said the team "took too many mental time-

outs."

"They just couldn't put together enough quality time to slow down and compete with the Falcons," Rogacki said.

Shelby Cole continued to be an offensive force for Gilford with six goals to lead the Golden Eagles. Kolbi Plante, Kate Sullivan and Kyla Mercier rounded out the scoring with a goal each.

On May 24, the Golden Eagles had the lofty task of facing top-ranked and undefeated Hopkinton. Gilford battled hard but couldn't pull off the upset

in the final game in front of a home crowd, with the Golden Eagles losing 17-7.

"The Hawks demonstrated why they are ranked number one as they scored 15 seconds into the game, and the Eagles had a tough time with Hopkinton's experience and swarming defense."

Cole was the scoring leader with five goals while Plante and Ashley Hart had a goal apiece.

The Golden Eagles finished the season with a 5-9 record, good for 13th in Division 3.

TRACK

(Continued from Page B1)



BOB MARTIN

Finn Baldwin was fifth in long jump at the Division 3 state meet at UNH.



BOB MARTIN

Laurel Gingrich competed in the 100 meters at the state meet at UNH.

ters, Gingrich and Jaylin Tully.

The 4X400-meter relay team was second with a time of 4:14.08. The team included the Fraser sisters, Sanderson and Sydney Lehr.

The 4X800-meter relay team was fifth with a time of 10:54.50. The team included Catherine Stow, Holland, Genakos and Sanderson.

In long jump, Lehr was 10th with a distance of 14 feet, 4.75 inches. She was eighth in triple jump with a distance of 31 feet, 3.5 inches.

In the javelin, Katiana Gamache was fifth with a toss of 92 feet.

Boys

Korey Weston was the javelin state champion in his senior season with a personal record toss of 154 feet, nine inches. He was also sixth in the long jump with a leap of 19 feet, 0.75 inches.

In the 200 meters, Max Stephan was third with a time of 24.28.

In the 300-meter hurdles, Jonas Bilodeau was 12th with a time of 45.91.

In the high jump, Finn Baldwin was fourth with a height of five feet, 10 inches. He was also fifth in the long jump with a

distance of 19 feet, one inch.

Meet of Champions

Several Gilford High School athletes competed in the Meet of Champions. Natalie Fraser was 13th in the 400 meters with a time of 1:01.63. The girls' 4X100-meter relay team was 15th with a time of 52.42. The girls' 4X400-meter relay team was 14th with a time of 4:17.11.

Weston was eighth in the javelin with a throw of 144 feet, 11 inches. Stephan was 14th with a time of 24.60 in the 200 meters.

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Fast start propels Gilford past Berlin

GILFORD — The Berlin High School baseball team entered the Division III tournament as one of the hottest teams in the state, winning six of its last eight games. That meant little to nothing when the NHIAA released the pairings and the Mountaineers were matched up with Gilford, a team on a mission.

And that showed early on.

The second-seeded Golden Eagles, stunned a year ago in the quarterfinal round, left no doubt they were ready to correct a wrong from last spring. Gilford (15-2) sent 19 batters to the plate in the first two innings, scoring eight runs in the opening frame and four more in the second en route to a 12-0, 4.5-inning blanking of number 15 Berlin.

"This game couldn't have gone any better. After what happened last year, we weren't taking any chances. You have that dilemma of do you throw your ace or not. Berlin's number one was nominated for All-State and he just held Division II Kennett to four runs. We didn't want to mess around," said Gilford coach Eric Duquette, making reference to last year's disappointing 10-7 quarterfinal loss to Bishop Brady.

Gilford was prepared and focused. Ace Adrian Siravo struck out four of the six batters he faced, the others were a grounder to him and first baseman Isaac Wallace. At the plate, the Golden Eagles took advantage of several Berlin miscues to race out to the commanding lead.

"We knew coming down here what we were facing," Berlin head coach Nathan Roberge said. "They are stacked. They hit the ball well. They've got the pitching and they are pretty good defensively."

"We had to play our best game of the year," added Roberge. "We needed to get solid pitching, some timely hitting and play error free defensively. And we didn't. We knew every mistake we made they would take advantage of."

The combination of Berlin's inexperience and a hungry Golden Eagles squad was clearly not a good matchup, especially for the Mountaineers (6-11).

Gilford banged the ball around in the first inning, recording five hits and taking advantage of four Berlin mistakes to plate eight runs.

With one out, Siravo got the rally going with a walk. The athletic junior stole second and moved to third on a wild pitch before scoring on T.J. Carmilia's single for the eventual winning run.

Gilford's next five hitters all reached base and scored. Wallace reached on an error and Tim Stevens singled. Both moved up a base on a wild pitch before Alex Muthersbaugh reached on an error, allowing Wallace and Stevens to race home for a 3-0 lead. Ben Muthersbaugh singled to score brother Alex. Jack McLean followed with a single before the Mountaineers recorded the second out. Cody Boucher than singled.



COURTESY PHOTO

Gilford's Isaac Wallace drives a pitch from Berlin's Dylan Bisson in the first inning of Thursday's Division III baseball tournament contest. The second-seeded Golden Eagles plated eight runs in the first and rolled into the quarterfinals with a 12-0 win.

On the play, Ben Muthersbaugh got caught in a pickle between third and home but was able to dive across home plate as the ball got away from Berlin catcher Nate Fecteau. Siravo reached on an error, allowing McLean to score for an 8-0.

The Mountaineers ended Gilford's rally on the play when leftfielder Dom Paradise made a strong throw to second baseman Tyler Rousseau, getting Siravo trying for second base.

But the Golden Eagles had delivered the message.

"That inning was huge," Duquette pointed out. "We had a plan going in and we were able to stick with it. We were going to go with Adrian for two innings, Alex for two and Isaac. We have confidence in all of our pitchers and they are all available (for the quarterfinals). We were going to stick with that plan as long as it wasn't 0-0. That's a little different."

It wasn't and the Golden Eagles tacked on four more runs in the second to keep the Mountaineers on their heels.

Carmilia greeted relief pitcher Jalen Lacasse with a double to start the second frame and then Wallace reached on an error. After an out was recorded, Alex Muthersbaugh belted a double to score Carmilia and Ben Muthersbaugh hit a sacrifice fly to plate Wallace for a 10-0 lead. McLean followed with an RBI single and Chandler Mead doubled in McLean for the 12-0 cushion.

From there, Lacasse and the Mountaineers settled down and kept the Golden Eagles in check. Lacasse only allowed three runners to reach in the next two frames, one on an error in the third and two singles (by Ben Muthersbaugh and McLean) in the fourth.

The Mountaineers couldn't mount much of an attack against Gilford's pitchers, with just three hitters reaching base and only one getting to second in the five innings. Lacasse reached on an error with two outs in the third inning, taking second on the play. He would be stranded there when Alex Muthersbaugh got Cameron



COURTESY PHOTO

Gilford's Ben Muthersbaugh reaches for a home plate to score in the first inning as Berlin catcher Nate Fecteau loses control of the ball in the first inning of Thursday's Division III tournament contest in Gilford.

Boucher to ground out to end the inning. Rickey Lambert recorded Berlin's first hit, a two-out infield hit down the third base line in the fourth inning. Brandon Weeks delivered Berlin's other hit, a sharp single up the middle with one out in the fifth. Weeks was stranded there as Gilford's Wallace struck out the next two hitters to end the contest via the mercy rule.

Lacasse allowed four runs on six hits, striking out one and walking none over the final three innings. Starter Dylan Bisson received little support in his one inning of work, with four errors committed behind him. He allowed eight runs, many unearned, on five hits while striking out one and walking one.

"The kids settled down. They didn't quit and they played hard," Roberge said. "We have all our pitching back next year and this experience will only help us. We know what a number two seed looks like and what we have to do to get there."

For the Golden Eagles, Siravo gets the win with two perfect innings that featured four strikeouts. Alex Muthersbaugh allowed just one infield hit in his two innings of work, with no strikeouts or walks. Wallace fanned two and gave up just one hit in his one inning of work.

Gilford got contributions throughout its lineup offensively. McLean went three for three with

an RBI and two runs scored hitting in the number eight hole. Ben Muthersbaugh, hitting in front of McLean, was two for three with a run and an RBI sac fly. Carmilia finished two for three

with a double, two runs, and an RBI.

"Our number eight hitter McLean went three for three today. I think one through nine we are tough and that can be the difference between us and

other teams," Duquette said. "When we are clicking, we are tough."

Also recording hits for the Golden Eagles were Boucher, Stevens, Alex Muthersbaugh (double), and Mead (double).

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ALTON // Stately Colonial on +/- 8 Acres. 3 Bedrooms/3 Baths with a huge kitchen, living room & bright formal dining room. There's a Master Suite w/full bath. 2660 sq.ft. of living space on 3 levels.
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TUFTONBORO // Affordable Lake Winnepesaukee Condominium. Beautiful lakefront setting, tall pines, sandy beach, lake and island views. 2BR/2BA. Fireplace. Storage. Parking. Balcony/deck. Sunny Exposure. Reserved docking.
\$325,000 (4751761) Call 569-9360

MOULTONBOROUGH // Turnkey professionally designed and constructed seasonal views and beach rights to holes handicap accessible. 1.91 acres, FF&E included. Day/evening operation.
\$250,000 (4677347) Call 253-9360

BARNSTEAD // Well maintained 3 bedroom, 1 bath raised ranch with seasonal views and beach rights to Halfmoon Lake. Updated metal roof, windows, boiler and trex decking.
\$169,000 (4751189) Call 875-3128

RATTLESNAKE ISLAND - ALTON
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\$150,000 (4752378) Call 569-3972

LAND and ACREAGE

MOULTONBOROUGH // Nestled in the heart of Moultonborough, this 14+ acres offers views, stone walls and mountain streams. This peaceful parcel is close to shopping, skiing, and much more! Broker Interest.
\$114,900 (4679684) Call 253-9360

GILMANTON // Nice wooded lot bound by stone walls on 3 sides. 11.8 acres of gently sloping woodland.
\$69,500 (4750860) Call 875-3128

MOULTONBOROUGH // Come and build your dream home in this nicely wooded .23 acre corner lot in the private beach access community of Suissevale. Lots of Amenities to enjoy!
\$30,000 (4717674) Call 253-9360

NEW DURHAM // Great Location! Wooded 2.51 acre building lot with brook in quiet country setting. Across the street from the Winnepesaukee Golf Club. Short drive to Wolfeboro.
\$29,500 (4749621) Call 875-3128

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School Social Worker
2019-2020 School Year Opening

The successful candidate will be a licensed social worker, preferably with experience in a school setting. Responsibilities include service as a court liaison, make home visits, and creating partnerships with the community. The District offers competitive wages and a full benefits package.

Apply at <https://www.applitrack.com/altonk12/onlineapp/>

Questions about the position, contact John MacArthur, Principal, Alton Central School, 41 School Street, Alton, NH 03809 - 603-875-7500.

Deadline for Applications: June 3, 2019 or until filled

SHAKER REGIONAL SCHOOL DISTRICT
LEAD GROUNDSKEEPER

Shaker Regional School District is seeking a Lead Groundskeeper to begin July 1, 2019. This position is charged with providing leadership, supervision and training to District Groundskeepers to insure work assignments are completed in order to maintain all District owned fields and grounds. Must be organized, have excellent communication skills and the ability to establish and maintain harmonious relationships with other employees. Must be able to complete preventative maintenance and minor repairs to grounds equipment, as necessary. Interested individuals should contact Steve Dalzell, Director of Buildings & Grounds, at 267-9223 x5309 to discuss this position and to obtain an application for employment. This position is 8 hours per day, \$14.65/hour, and qualifies for District-sponsored benefits including contribution toward Health Insurance, plus fully paid Dental, Life and Long-Term Disability Insurance. Participation in the NH Retirement System is required.

Town of Alton
FULL-TIME LABORER/TRUCK DRIVER,
Highway Department:

The Town of Alton is looking for a full-time, year round Laborer/Truck Driver. Must have a valid NH Commercial Driver's License (CDL) and previous plow experience. The ability to operate a chain saw and other power equipment, ability to lift heavy loads, work nights and weekends as needed, willingness to work outdoors in all types of weather, and the ability to follow instructions and safety procedures is necessary. Must pass pre-employment drug/alcohol testing, background test and driving test. Applications are available in the Selectmen's Office, 1 Monument Square, Alton, NH 03809 or visit our website www.alton.nh.gov. The Town of Alton is EOE.



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WWW.UCVH.ORG
 Upper Connecticut Valley Hospital
 181 Corliss Lane, Colebrook, NH 03576
 Phone: (603)388-4236
ucvh-hr@ucvh.org

EOE



BREWSTER ACADEMY
 Wolfeboro NH
Vacancies

Brewster Academy, a private boarding/day school in Wolfeboro NH, is currently accepting applications/resumes for the following positions.

Athletic Department Assistant Boys Varsity Crew Coach for the 2019 fall season. The assistant coach is responsible for providing support to the head coach and having the ability to provide insight into the dynamics of a team. The candidate must possess outstanding interpersonal skills and have knowledge about the fundamentals in the sport of crew. Former coaching and rowing experience is preferred but not necessary. The commitment is six days a week from the September through mid-November.

Dining Services Two part-time, non-exempt, hourly, year round Front of House Associates, with corresponding benefits. Schedule to be determined by supervisor. Duties include, but are not limited to, setting up for meal times, keeping servery stocked and sanitary during meal service and breaking down after meal times.

Housekeeping Full-time Housekeeping Associate, hourly, 40 hrs/week, Monday through Friday, 6:30am to 3:00pm, year round, with corresponding benefits. Duties include, but are not limited to: sweep, dust, mop, scrub and vacuum hallways and stairs, clean windows, office space, dormitories, and other assigned rooms while following appropriate and safe chemical use when cleaning. Must be available to work overtime and weekends as needed.

Interested candidates should apply online at www.brewsteracademy.org >Human Resources, or email a cover letter and resume to personnel@brewsteracademy.org, or mail to: Human Resources, Brewster Academy, 80 Academy Drive, Wolfeboro NH 03894.

Brewster Academy is an academically challenging and intellectually diverse college preparatory community that nurtures curiosity, confidence, collaboration, and character in preparation for lives of meaning and accomplishment. Learn more about Brewster Academy at www.brewsteracademy.org

Brewster Academy is an Equal Opportunity Employer. We welcome applicants whose background and experiences will enrich the diversity of our community.

TOWN OF GILFORD
HELP WANTED

BUILDINGS & GROUNDS SUPERINTENDENT

The Town of Gilford is accepting applications for a full-time, year round position as head of the DPW Buildings & Grounds Division. This is a working foreman's position requiring highly responsible supervision and hands-on performance of custodial duties and grounds maintenance to include: delegating staff assignments, purchasing, budget preparation and administration, coordination and oversight of outside vendors, implementing workplace safety standards, record keeping and maintenance of all Town properties in addition to daily tasks such as cleaning, disinfecting, sweeping, washing, vacuuming, dusting, polishing, shoveling & plowing snow, emptying trash, painting, etc. Applicants must be able to successfully pass a physical examination and criminal background check. The ideal candidate will be able to perform basic carpentry, plumbing, electrical, mechanical and turf maintenance in addition to having a proven record of outstanding job performance and the ability to work as a team player. A valid driver's license, the ability to operate power tools, and the ability to work outdoors in all types of weather while traveling over uneven terrain is required.

Starting wage rate \$19.73-\$24.44 DOQE with excellent benefits including paid vacations, holidays, sick leave, health and dental insurance. Works hours are generally M-F, 6am-3pm, with some evenings, weekends and holidays as needed. This is a non-union position.

A letter of interest with a statement of qualifications or a completed Town of Gilford application form must be submitted to the DPW Director, 55 Cherry Valley Road, Gilford, NH 03249. Applications will be accepted until the position is filled. EOE.



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SCHOOL ADMINISTRATIVE UNIT 58

Interim Superintendent Vacancy
Part-time or Full-time

SAU#58 in the NH North Country is seeking an interim superintendent, part-time or full-time, to oversee operations of four schools: a K-8 of 64 students in Stratford, a K-5 of 121 students and a 6-12 of 200 students in Groveton, and a K-6 of 26 students in Stark. While small, the schools have up-to-date technology, excellent staff, supportive school boards, and strong academic programs aligned with the state frameworks. The Superintendent will work with three individual school district school boards who each meet once a month, and one SAU school board which meets three times per year.

A multi-year contract and regionally competitive salary/benefits will be offered. Starting date is July 1, 2019. Candidate must be certified or certifiable as Superintendent in NH.

Applicants should send a cover letter, resume, current letters of reference, transcripts and certification prior to June 7, 2019 to:

Superintendent Search Committee
 SAU#58
 15 Preble Street
 Groveton, NH 03582
 Tel: (603) 636-1437

VACANCIES
BERLIN PUBLIC SCHOOLS – SAU 3

Berlin Middle/High School
Principal/CTE Director
Assistant Principal

Berlin Elementary School
Assistant Principal

The Berlin School District is seeking enthusiastic educational leaders, knowledgeable in Positive Behavior Interventions and Supports (PBIS) for Berlin Public Schools. The candidates must have skills to build a strong collaborative learning environment inclusive of staff and parents. The candidates must also be committed to meeting the needs of all students. Principal candidates must have a Master's Degree in Administration and be certified as a NH School Principal. Assistant Principal candidates must be certified or certifiable as an Associate Principal and have a Master's degree in Education. All candidates must have a minimum of five years teaching and or administrative experience. Interested applicants may submit a completed district application found on the website: www.sau3.org, letter of interest, three letters of reference, transcripts, copy of certification and evidence of leadership roles or initiatives to Corinne Cascadden, Superintendent, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org EOE

Application Deadline: Open until filled

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an idea that SELLS.

Hawks end Gilford's softball season

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School softball team was on fire going into the postseason with a five-game winning streak, but the Golden Eagles couldn't ride the wave and lost 6-4 to Hopkinton in the opening round of the Division 3 state tournament.

The seventh-ranked Hopkinton hosted 10th-ranked Gilford, and the home team struck first with a three-run first inning and two runs in the second inning to go up 5-0. Gilford scored a run in the third inning when Karly Sanborn drew a walk and then stole second. She scored on a Lexi Boisvert double to make it 5-1.



RC GREENWOOD

Randi Byars slides in ahead of a tag in the final regular season game against Newfound.

The Golden Eagles got the bats working in the fourth inning with three more runs to make it a one-run ballgame. Gilford had three straight hits that produced a pair of runs. Colby Butterfield led off the inning with a single, which was followed by a single by Jaiden McKenna and a double by Randi Byars. Byars scored on a sacrifice fly by Ella Harris to make it 5-4.

Hopkinton tacked on an insurance run in the final frame and Gilford couldn't fight back into the game. Timely hits were sparse for the Golden Eagles, who left 10 runners on base. Gilford outhit Hopkinton eight hits to seven in the loss.

Butterfield took the loss giving up seven hits

and six walks, while striking out four batters over seven innings.

Byars led the offense with two hits including a double, one run and an RBI. Sanborn had a pair of hits, a run and an RBI. Boisvert had a double and an RBI. McKenna had a hit and a run while Alexa Smith had a steal and a run scored. Kim Daigneault and Butterfield had a hit apiece.

Gilford vs. Newfound

In the final game of the regular season on May 24 the Golden Eagles had a huge 15-3 win over the Newfound Bears, in a game where Gilford outhit Newfound 17 to one.

McKenna had one of her best games at the plate with a 4/4 showing and two RBIs. Boisvert

was 3/4 with three RBIs, Maggie McNeil was 3/4 with an RBI, Randi Byars had two hits and four RBIs and Sanborn had two hits. Butterfield had an RBI, Daigneault had a double and an RBI and Rachel Langlitz had a hit.

What proved to be the game-winning hit was a two-run single by Boisvert, which drove home Byars and Sanborn.

The game started with Newfound jumping out to a 3-1 lead in the bottom of the second inning, but Gilford scored four runs in the top of the fourth inning to take a 5-3 lead. Gilford then scored eight runs in the fifth inning, highlighted by a three-run double by Byars and an RBI double by Kim Daigneault.

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