



Gilford Steamer

THURSDAY, APRIL 18, 2019

GILFORD, N.H. - FREE

Rotary spends "An Evening in Paradise"

BY ERIN PLUMMER

mnews@salmonpress.news

Partiers enjoyed some tropical-themed fun to round out the winter months during the annual "An Evening in Paradise" fundraiser for the Gilford Rotary.

Guests in leis, Hawaiian shirts, and other tropical and summer themed attire came out to Contigiani's Conference and Event Center on Saturday night to dance, sample from a buffet, hear some live music, and take their chances at a silent auction and raffles.

"An Evening in Paradise" is a major fundraiser for the Gilford Rotary. Committee member Don Clarke said the focus was on having a good time and alleviating cabin fever from the winter. The party had



ERIN PLUMMER

Gilford Rotary president John Beland recognizes Megan Beinoras for designing the cover of the program every year.

ford Youth Center, but moved to Contigiani's Conference Center this year, which Clarke said was a bit more convenient for the event with better acoustics and set up provided by the venue. Contigiani's Catering set up the event and provided food and service.

"Contigiani's does a great job with that," Clarke said.

Clarke said many different businesses contributed to the event: 38 different sponsors provided everything from small amounts to large amounts.

Gilford Rotary president John Beland said the interest and support this event has received is "phenomenal."

"We're so blessed to have this support in the community, with the Gilford Rotary Club that supports the work that

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Construction permits, values down from last year

BY ERIN PLUMMER

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Construction permits are down from this time last year, and project values have lowered, according to a report from the planning department.

Planning and Land Use Office director John Ayer gave the board of selectmen an update on the department during the selectmen's meeting on April 3.

Around this time in 2018, general construction permits were up from 2017. In his recent report Ayer said that permits as of the same

time in 2019 were down from 2018.

The same number of permits were pulled for single family homes, though the values of those homes lowered. The value of all construction, including commercial construction, is down 40 percent overall.

"Last year was, I think, the strongest year we had for permits in the previous 11 years," Ayer said. "It's coming down from a high, I will say."

The total number of permits overall from planning, zon-

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a tropical theme with a live music from Hot Ta-

males, buffet dinner, silent auction, and raffles.

In years past, the party took place at the Gil-

Patrick's Pub Mania Shuffle resumes April 17

Christmastime wasn't easy for Jennifer and Richard Fielders, back when they were each single parents, raising seven children between them. Staying on top of their regular monthly bills was tough. Buying winter gear and Christmas gifts was a huge stretch.

Jennifer Fielders says she and her husband appreciated the help they received from the Greater Lakes Region Children's Auction. That's why they give back to the auction today, taking

part in Patrick's Pub & Eatery's mega-fundraiser, Pub Mania, and also coming out every week without fail in the spring and fall for the Pub Mania Shuffle.

"We both got assistance when our kids were younger, so it's huge for us to give back," Fielders said. "We involve our kids and let them know a lot of their Christmases came from the Children's Auction. It means a lot to our family to participate in the Pub Mania Shuffle."

The Shuffle is a two-mile walk/run held



COURTESY

Richard and Jennifer Fielders

for eight weeks in the spring and fall; the funds raised through it feed into the annual Pub Mania tally. Last year, the Children's Auction raised \$580,584, with \$353,361 coming from Pub Mania—and nearly \$20,000 from the Shuffle.

When the spring-time Shuffle starts up again on Wednesday, April 17 at 6 p.m., you can bet Fielders, her

family, her friends, and her staff at Jennifer's Color Bar in Gilford will all be there.

"I always encourage people to come out," she said. "People have a great time. You can't beat it."

Everyone does the Shuffle differently. Some make the \$10 required donation and walk the two-plus-mile course that begins at Patrick's, heads to the

SEE PUB MANIA PAGE A9

Egg hunt, Breakfast with the Bunny this weekend

BY ERIN PLUMMER

mnews@salmonpress.news

Easter is this Sunday, and there will be some fun activities to celebrate this weekend from an egg hunt by flashlight to having breakfast with the Easter Bunny.

Kids can search for eggs in the dark during the annual Flashlight Egg Hunt on Friday, April 19 at Gilford Elementary School hosted by the Gilford Parks and Recreation Department. Check in

SEE EASTER PAGE A9



FILE PHOTO

Families will be back for the Flashlight Egg Hunt on Friday night.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Books improve our quality of life. I don't just mean the benefit of brain exercise and the content that provides entertainment, experience, food for thought, and language skills, I mean there are so many books written explicitly to help readers improve their quality of life. They aren't esoteric or dated—so many are written clearly, with wit, and with modern experience. I'm talking about the books that focus on helping readers get better at almost anything: At life, or work, or love, or sport, or society, or politics, or cookery, or gustation, or craft, or thought, or all that at once. Nothing is guaranteed, and

no one thing works for everyone, despite what some diets tell you, but sometimes little changes in our lives can make major differences in the way we live.

Let's start with the brain. Kati Morton's new book "Are u ok?: a guide to caring for your mental health" has been hailed as a common language mental health asset to identify issues and get started on solutions. Whether related to mental health or not, we have to recognize our problems if we have any chance of addressing them.

Next we need some motivation. Jen Sincero empowers readers with the title, "You are a Badass Every Day: How to keep your mo-

tivation strong, your vibe high, and your quest for transformation unstoppable." Leaning on meditation methods, Sincero demonstrates some daily practices to keep you focused on your goals. Shoukei Matsumoto's book "A Monk's Guide to a Clean House and Mind" has a completely different tone. The reading of it and the drawings inside are motivational on their own. Buddhism has a reputation for goal-oriented lifestyles, and this book helps to draw the line between how your living and work spaces and your daily practices impact your mind. If you want to be happy and productive, you might have to clean both house and mind.

Feel like your disorganization is causing you to lose control? Try Ryder Carroll's "The Bullet Journal Method: Track the past, order the present, design the future." Definitely not for everyone, "The Bullet Journal Method" might be a silver bullet for people who have the willpower, but not the system, for getting a handle on things. If, on the

other hand, you think your need for control is a detriment, take a look at "Calm the F*ck Down: how to control what you can and accept what you can't so you can stop freaking out and get on with your life" by Sarah Knight, the same author who wrote "The Life-Changing Magic of Not Giving a F*ck." You probably know whether or not her book series is to your taste, but many people have found her simplified description of time, energy, and money management helpful. A more widely palatable and time-tested guide to a quality life comes from Aristotle. You could read his original "Nicomachean Ethics," or you could read Edith Hall's new book, "Aristotle's Way: How ancient wisdom can change your life," to get the gist in the modern context.

Have something else about your life that you want to work on? Ask us! We can find the book that fits your need. It's here, on the shelf, ready to help improve your life.

Classes & Special Events

April 18 - April 25

Thursday, April 18
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!

Music and Movement, 10:30-11:30 a.m.

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

This month's book is The Immortalists by Chloe Benjamin, described as "A compelling family drama". Copies are available at the front desk, and the discussion will be led by Molly Harper.

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

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

Conversational French, 4-5 p.m.

Evening Book Discussion, 6-7 p.m.

This month's book

is "The Immortalists" by Chloe Benjamin, described as "A compelling family drama." Copies are available at the front desk, and the discussion will be led by Kayleigh Thomas.

Friday, April 19
Preschool Storytime, 10:30-11:30 a.m.

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, April 22
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 Chih 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.

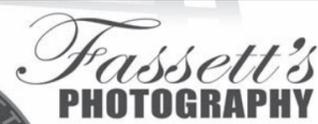
Geri Fit Classic, 4-5 p.m.

Join us for a video-led fitness class for SEE LIBRARY PAGE A9

Gilford Public Library Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens
2. "The Silent Patient" by Alex Michaelides
3. "The Miracle at St. Andrews" by James Patterson
4. "Wolf Pack" by C.J. Box
5. "The Cornwalls Are Gone" by James Patterson
6. "Becoming" by Michelle Obama
7. "Educated" by Tara Westover
8. "The Wedding Guest" by Jonathan Kellerman
9. "The Immortalists" by Chloe Benjamin
10. "The First Lady" by James Patterson

PORTRAITS • WEDDINGS • SCENICS • EVENTS



Fassett's PHOTOGRAPHY

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Alton, NH 03809

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GILFORD POLICE LOG

The Gilford Police Department responded to 158 calls for service and made the following arrests during the week of April 8-14. Please note that the names of juveniles, and those of individuals taken into protec-

tive custody but not formally charged with a crime, have been withheld from publication.

Robert Steven Linteri, age 38, of Gilford was arrested on April 8 for Driving After Revocation or Suspend-

sion (265:79 or DUI), two counts of Driving After Revocation or Suspension (Subsequent), and Failure to Obtain a New Hampshire Driver's License.

Elizabeth A. Maglio, age 32, of Gilford was arrested on April 10 in connection with a bench warrant.

Frank Joseph Harzmovitch, age 53, of Laconia was arrested on April 11 for two counts of Driving While In-

toxicated.

Michael R. Reera, age 52, of Gilford was arrested on April 12 in connection with a bench warrant.

Lisa M. Hitter, age 52, of Gilford was arrested on April 13 as a Fugitive From Justice.

Eric Joseph Alfred Peters, age 39, of Laconia was arrested on April 14 for Driving After Revocation or Suspension (Subsequent).

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Presidential candidate speaks with local voters

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Democratic presidential candidate John Delaney spoke about his ideas for bipartisanship, health-care reform, addressing climate change, and many other topics during a local meet and greet.

Delaney spoke with local residents during a breakfast at the Meredith Community Center hosted by the Gilford-Meredith Democrats.

Delaney is a former entrepreneur who served six years as a representative in Congress for Maryland's 6th District, opting not to serve another term so he could focus on a presidential run.

Bipartisanship and civil discussion of differ-

ences are major priorities for Delaney.

"You deserve and your kids...deserve to live in a country where the things we disagree with each other on are debatable with truth (and) honor," Delaney said.

He said the current political climate is one of division and entertainment that has been perpetuated by the current president. Delaney said the president should take an oath swearing to not divide the people.

Delaney said every three months the president should have a debate with Congress for three hours on national television and has called for President Trump to do this.

He said the world has greatly changed with the advance of technol-



ERIN PLUMMER
Presidential candidate John Delaney speaks in Meredith during a breakfast hosted by the Gilford-Meredith Democrats.

ogy and globalization, a change that has helped millions but hasn't been advantageous to everyone. Delaney said 80

percent of the money to start companies in the country has mostly gone to only 50 counties. This has resulted in economic issues in those outside areas with many communities in more rural areas emptying out and businesses closing down.

Another major issue is the environment and climate change. Delaney said he wants to strengthen the EPA and rely less on individual states to make environmental decisions. He

SEE DELANEY PAGE A8

Gilford Parks and Recreation News

BY HERB GREENE
Director

Gilford Parks and Recreation

Flashlight Egg Hunt for Gilford children scheduled for April 19

The Gilford Parks and Recreation Department is sponsoring their Annual Flashlight Egg Hunt on Friday, April 19 at 7:45 p.m. at the Gilford Elementary School. This program is open to all Gilford children through the 4th grade. All participants must register in the Cafeteria prior to the event. The event will be broken into three age groups; Kindergarten and younger, Grades 1-2 and Grades 3-4. There is no fee for this program, but all participants should wear appropriate footwear for conditions and bring their own flashlight and basket!

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

Breakfast with the Easter Bunny scheduled for April 20

The Gilford Parks and Recreation and the Gilford Youth Center are co-sponsoring their Annual Breakfast with the Easter Bunny on the morning of Saturday, April 20th. This program will be held from 8:00-10:00 a.m. in the Fellowship Hall at the Gilford Community Church. Community members are invited to come enjoy a pancake breakfast along with a coloring contest, door prizes and the opportunity to take your picture with

the Easter Bunny. Parents are encouraged to bring their own camera. The cost for this breakfast is \$4.00 per child and \$6.00 per adult.

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

Tickets available for Red Sox bus trip on Sept. 4

The Gilford Parks and Recreation Department will be sponsoring a bus trip to watch the Red Sox at Fenway Park this season. The trip is sched-

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COURTESY

Annalee Thorndike Art Competition first place winner, Isabella Norman (center) of Prospect Mountain High School in Alton displays her award certificate. Ella is flanked on the left by Lakes Region Scholarship Assistant Director, Karen Switzer and Karen Thorndike and on the right by Chuck Thorndike and LRSF Executive Director, Paulette Loughlin. The five are standing in front of the fireplace at in the main reading room at the Gilford Public Library. Above the group are three pieces of art brought by the judges.

Annalee Thorndike Art Competition winners announced

GILFORD — On Thursday evening, April 11, at the Gilford Public Library, the winners of the Annalee Thorndike Art Competition Scholarships were announced following a presentation by Karen and Chuck Thorndike. The competition involved students from five area high schools, all of whom are planning to major in art or an art related field in the fall.

The evening began with a brief presentation about Annalee Thorndike, the benefactor of the scholarship. It focused on her life and the business she created in the Lakes Region, with an exhibit of some of her original dolls

as well as later dolls made in Meredith. Following this presentation, the three judges for the evening: Roger Gagne, Pamela Hayes and Acacia Rogers spoke about their backgrounds in the field and referenced the art pieces on the mantle that each had brought for the evening. Judge, Acacia Rogers, then announced the winners. First place went to Isabella Norman of Prospect Mountain High School in Alton. There was a tie for second place between M. Aidan Carney of Inter-Lakes High School in Meredith and another Prospect Mountain student, Anna Francis. First and second place winners each won scholarships to be ap-

plied toward their tuition in the fall. The other four students in the competition included: Rebecca Bladecki from Laconia High School, Kyleigh Peters from Belmont High School, James Richardson from Gilford High School and Madisyn Wilson from Inter-Lakes HS. The entrants who did not place, received gift certificates for art supplies.

This is the 17th year that scholarships have been awarded with funds provided by the Annalee Thorndike Scholarship Fund. The competition is handled through the Lakes Region Scholarship Foundation to whom Mrs. Thorndike entrusted the funds for her endowment.

Community Church hosting Maunday service

There will be a Maunday service held at the Gilford Community Church on Thursday, April 18 at 7 p.m. Rev. Michael Graham, Gilford Community Church, and Pastor Jim Shook, First United Methodist

Church in Gilford, will lead the service of worship and music.

The Gilford Community Church is located at 19 Potter Hill Rd., in the village of Gilford.



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First signs of spring

It's here. It finally happened. Against all odds and the polar vortex, spring has come to the Northeast.

Time to get out with the rakes and garden spades and bags of mulch. Time to say hello to neighbors you haven't seen since the last snowstorm, when waving shovels served as a greeting because it was too cold to talk. Time to sweep off the deck, fire up the lawnmower and rediscover your yard.

The "firsts" are what make the season of spring so much fun. First cookout; first softball game; first trip to the garden center; first crocuses and daffodils and tulips blooming in the yard. The first seeds planted in the garden promise a summer salad harvest in just a month or so. The first time the weather forecast displays "humidity" instead of "wind chill" is almost a reason to stand up and cheer. There are endless reasons to celebrate.

So why is it that by mid-June, we're already complaining about the same things we found so thrilling in early April?

The lawnmower we so eagerly traded for the snow blower becomes the subject of family discussions – the kind that start with "It's not MY turn this week..." The thrill of the grill has waned a bit and those neighbors we were happy to see just seem to constantly have their music up loud and the windows open at all hours. The garden, site of so much TLC and attention in early spring, is now taking off in wild, weedy directions and is honestly just a bit creepy. And there are bugs.

So, before our human nature takes over and ruins the party, let's enjoy these first, delicious, fleeting moments of the very, very beginnings of our spring season. Keep the windows open even when the evening chill sets in. Take that walk instead of staying put. Wear the spring jacket. Haul out the patio chairs. Enjoy the trees without leaves, because in this very first part of spring, the sunshine can reach you better that way.

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!

Send your letters to:

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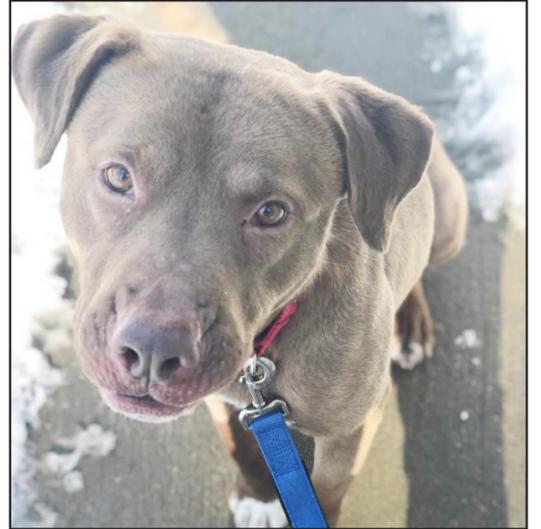
Our fax number is 279 3331.

E-mail us at brendan@salmonpress.news.
We're looking forward to hearing from you!

Pet of the Week: Drummer

Drummer is a magnificently sweet and smart 5 year old mixed breed. Incredibly social and sweet playful soul this young man will make a great hiking partner for his humans. Since relocating from the south three months ago, he has learned to sit, give paw, and get down when his exuberance overtakes him. He is currently working on learning stay, come, drop it, and going to a mat on cue. He sure is ready to explore

his new surroundings, take in the sweet smells of springtime in New England with you. Drummer would do best in an active home with teens or older. He can be a little picky about his dog friends and may be ok with a dog savvy cat, so do take that into account. But know that Drummer will be a devoted friend. Bow wow wow yippe yippe yay, let's get Drummer a home where he can stay and play.



STRATEGIES FOR LIVING

It happened on Friday

BY LARRY SCOTT

It was Friday afternoon, AD 33, and for three hours, from noon until three o'clock, unprecedented darkness had enveloped the city of Jerusalem. It was not an eclipse, for this was Passover, the time of the full moon; something else was happening here. This Friday would differ from any other in the annals of Jewish history.

At 3 o'clock, the time for the afternoon sacrifice, the High Priest had climbed the pinnacle of the temple and blown the shofar, a bugle made from a ram's horn. All those who believed in God, on hearing the shofar, paused. They knew this was the moment the lamb, sacrificed on behalf of the nation, was killed.

Outside the city, on a hill called Golgotha, the Lamb of God hung, as it were, suspended between heaven and earth. Although pronounced innocent by the Roman procurator, he had been sentenced

to die by crucifixion. As the very moment the sound of the shofar reverberated across the city, the Son of God, Jesus the Christ, cried out, "Father, into your hands I commit my spirit. It is finished."

And in the darkness ... he bowed his head ... and died.

And it was finished — for Jesus. But there was more, much more, to come.

To begin with, an earthquake shook the city, even as at the Temple, the veil, hiding the holy of holies from public view, ripped from top to bottom. With Jesus' death, the barrier between God and man had been removed. Everyone now had access to the very presence of God.

Two days later, early Sunday morning, Roman soldiers guarding Jesus' tomb, were startled as the stone coving the opening to the tomb began to move. Rushing to apprehend whoever was about to make a fool of

them, something was happening they could not believe. There was no one there. But the stone continued to move.

They quickly took up new positions, determined that no one would be allowed to steal the body on their watch. Although we are not told this, I can imagine the Captain of the Guard, looked into the tomb, noted that the linen wrappings that had been around Jesus' body were still in place, but that, unbelievably, there was no body.

The soldiers soon returned to headquarters, their mission aborted. They were certain Roman authorities would soon execute them for dereliction of duty. But they lucked out; the chief priests agreed to cover for them. They knew what had happened.

Within hours, three women, too much in love with Jesus to stay away, returned to the tomb. To their sur-

prise, the soldiers were gone and the tomb was open. They went in and, rather than finding Jesus' body, they were welcomed by two men, dressed in dazzling white robes.

"Good morning, ladies," I can hear one of the men say. "I know you are here to see Jesus. But why, may I ask, are you looking for the living among the dead? Come on in; check it out. And then, go tell the disciples, 'Jesus has risen from the dead.'"

And now, finally, it was finished!

Finished was Jesus' suffering at the hands of the people he loved; finished was the mission given him by the Father; finished was humanity's bondage to sin; finished was the sacrifice necessary for him to be our Mediator before the Father. Yes, indeed. Finished. Done. Completed.

Thank God Almighty! He's back! Jesus is alive!

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MARK ON THE MARKETS

Spring volatility!



BY MARK PATTERSON

Sell in May and go away has been a mantra that has been heard every spring with regards to the stock market. The term was actually born in London's financial district. The full saying is "Sell in May and go away; come back on St. Leger's day." The St. Leger Stakes is the oldest of England's five horse racing classics and is the last to be run, typically mid-

September.

According to the Stock Trader's Almanac, since 1950, the Dow Jones Industrial average has had an average return of three tenths of a percent from May–October vs. 7.5 percent during the November–April time frame. The only "danger" month is September that has had a negative return of minus six tenths of a percent, says the STA.

Data from Standard and Poor's takes the statistics to another level that shows an approximate 8 percent return in the markets if the your money was left in a broader S+P 500 index; however, if on May 1 through

the end of October, your portfolio was re-allocated or rotated towards defensive stocks and health care, your returns average near 11 percent. Defensive stocks are those that typically do better than others during difficult market periods. Examples are companies or funds in Tobacco, utilities or food.

So, my take away on this data; that it makes a lot of sense to reposition your equities or exchange traded funds in the spring to reflect defensive and healthcare related stocks or ETF's especially in qualified or tax deferred accounts, those taxable accounts should weigh the tax

ramifications of selling and buying.

The data also suggest that a buy and hold strategy works, however a buy and reallocate strategy works better. Statistically the difference of 8 percent versus 11 percent over a period of years will have a dramatic difference in the value of your investments, and possibly the amount of your retirement income.

April, historically has been a very good month in the markets and can be a very good time to make adjustments towards liquidity or to hedge your portfolio with some options strategies, like

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Creative Recovery finds a home

LACONIA — Creative Recovery is part of Navigating Recovery of the Lakes Region, and was started by two people familiar with the plight of those in unfortunate circumstances who are interested in improving their situation.

A few years ago, Elaine Morrison, a retired Special Education Teacher / Artist and Dick Smith, a former Social Worker and amateur photographer, started River Crew Art. The program gave homeless individuals the opportunity to use painting and photography as an outlet. Some of the participants began attending AA meetings. The group met once a week.

Using the Busiel Community Room Gallery to display their results of River Crew Art, the public along with city officials arrived to a packed room filled with creative art and positive vibes.

Recently, Smith and Morrison have joined forces with Navigating Recovery (NR) and formed a group of artists who meet regularly in the offices of NR on Main Street to share their talents as part of their recovery. They named the program "Creative Recovery."

The program uses the media most familiar to Smith and Morrison — drawing, painting, and photography — as well as skills where guest artists come in to give instruction on other media, such as pottery, knitting, and writing. Alan MacRae, a local professional photographer, offers additional photography instruction. Marlene Witham, a former art instructor and an artist who is also a member of the Lakes Region Art Association is a new volunteer for Creative Recovery.



On Thursday, April 25, the artists and photographers of Creative Recovery are holding a reception to display their recent works of art. All are welcome to see this aspect of recovery at the Community Room at One Mill Plaza in the Busiel Mill, which is located between Laconia City Hall and the Belknap Mill.

ative Recovery.

In August of 2018, the Busiel Community Room Gallery at One Mill Plaza once again invited an exhibit.

The venue quickly ran out of room and Joe Adrignola, who manages the building, invited Creative Recovery to return another

time to display more of their work. That invitation and further discussion led Adrignola to devote the Gallery space to Creative Re-

covery on a more or less permanent basis.

A few community displays return each year such as the New Hampshire Chapter

of the AIA with annual award boards and some seasonal displays. Those displays would continue under the program Adrignola and Creative Recovery envision. That will give the participants a breather and a chance to change the display more extensively than their usual monthly change out.

On Thursday, April 25, the Creative Recovery artists and photographers are holding a reception to display their recent works of art. All are welcome to see this aspect of recovery at the Community Room at One Mill Plaza in the Busiel Mill, which is located between Laconia City Hall and the Belknap Mill. The exhibit will begin at 5 p.m. and end at 8 p.m. Refreshments will be served. For further information about this event or One Mill Plaza, please contact Joe Adrignola at 496-3839.

BNH donates to Taylor Community

LACONIA — Bank of New Hampshire has donated \$13,000 toward the purchase of a new Yamaha baby grand piano at Taylor Community.

Since the Taylor Concert Series began in 2013, BNH has been an annual sponsor. The program presents free monthly concerts with high caliber musicians for the enjoyment of both Taylor Residents and the local community.

Michael Flaherty, Taylor President/CEO, said, "We're grateful for Bank of New Hampshire's generosity. The new piano will ensure Taylor is able to accommodate a variety of musicians for many years to come."



Left to right: Michael Flaherty, Taylor Community President/CEO; Chris Walkley, Vice President, Commercial Loan Officer, Bank of New Hampshire; Tiffany Baert, CFMP, Marketing Officer BNH and Brenda Kean, Taylor's Resident Life Director.

Chamber welcomes Disney Institute to Meredith

MEREDITH — Disney Institute is bringing its renowned professional development course, Disney's Approach to Employee Engagement, to Meredith on Monday, Sept. 23.

Sponsored by the Lakes Region Chamber, the one-day event will help area professionals explore how to adapt training strategies that ensure employees are confident in their roles by creating a holistic plan that drives employee engagement. This day of Disney Institute training uses business insights and time-tested examples from Disney parks and resorts worldwide to inspire individuals and organizations to enhance their own customer experience using Disney principles as their guide.

Disney's Approach to Employee Engagement gives participants the chance to explore how corporate culture insights and time-tested examples from Disney parks and resorts worldwide can provide relevant illustrations and engaging stories to help organizations deliver the type of long-term results they are capable of delivering.

Early Bird Registration is \$399 per person by June 30th and includes all course materials as well as continental breakfast and lunch. After June 30, price increases to \$424 per person. For more information or to register on-line, go to LakesRegionChamber.org or call 524-5531. The Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving econ-

omy for the businesses in the Lakes Region.

About Disney Institute
As the trusted, authoritative voice on the Disney approach to customer experience, Disney Institute uses business insights and time-tested examples from Disney parks and resorts worldwide to inspire individuals and organizations to enhance their own customer experience using Disney principles as their guide. For nearly three decades, Disney

Institute has helped professionals discover ways to positively impact their organizations and the customer they serve through immersion in leadership, service and employee engagement. Unique to Disney Institute is the opportunity to go behind the scenes in a "living laboratory" to observe firsthand how Disney methodologies are operationalized and how they can be adapted and applied to any work environment. To learn more, visit www.disneyinstitute.com.



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Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 101
with any questions regarding the submission process.

OBITUARY

Maurice Frank Bolduc, Sr., 87

NEW PORT RICHEY, Fla. — Maurice F. Bolduc Sr., 87, passed away at the Tidewell Hospice Facility in Venice, Fla. on Saturday, April 6, 2019 following a period of declining health.

Maurice was born on May 18, 1931 in Gilford, son of the late Charles H. and Ora (Theberge) Bolduc. He grew up on the Bolduc Farmstead in Gilford. He married Rita (Robert) Bolduc in 1955, and they raised their family of seven children in Tilton before he and Rita retired to New Port Richey, Fla. in 1989.

Maurice was a Staff Sergeant in the Army during the Korean War. He was the recipient of the Purple Heart. He was a member of the American Legion Post #49 in Northfield, the VFW Post #1698 in Franklin and was a 4th degree Knight with the Knights of Columbus Council 428 in Laconia. Maurice was a former active parishioner of St. Mary of the Assumption Church of St. Gabriel's Parish in Tilton and St. Michael's Church in New Port Richey, Fla.

Maurice was employed for many years by Scott & Williams, and worked at Tilton School as Head of Maintenance until his retirement. He will be remembered as the guy to call if you needed assistance for any number of things. Family, friends and neighbors



could count on his knowledge of how to fix just about anything. He enjoyed traveling, gardening, reading, making puzzles and simply tinkering. He also was famous for the beautiful dollhouses that he would build for his granddaughters, as well as the many dollhouses he would build and donate to the Church for their fundraisers.

His family members include his seven children (Jeanne M. Bolduc and her partner, Bill Brown of North Hartland, Vt., Kathleen A. and Thomas DuBois of Gilmanston, Roger H. Bolduc of Sanbornton, Marie Y. and David Duprey of Laconia, Claire A. and Bob Estes of Tilton, Maurice F. Jr. and Marilyn Bolduc of Venice, Fla. and Michael R. and Danielle Bolduc of Gilmanston). He leaves his 17 grandchildren (Amy Matlage Gorton, Thomas DuBois II, Nicole DuBois Rogers, Stephanie Bolduc Simpson, David Bolduc, Lauren Bolduc Walden, Joshua Clairmont, Audrey

Clairmont Stock, Elysa Clairmont, Robert Frakes, Robert Estes, Richard Estes, Maurice Bolduc III, Aidan Bolduc, Blake Bolduc, Chance Bolduc and Drake Bolduc). He was also great-grandfather to 12 great grandchildren.

Maurice's surviving siblings are Ernest Bolduc, Anita Bolduc McKeown, Lauretta Bolduc Seabeck, Helen Bolduc Gaudet and Robert Bolduc.

He was predeceased by his wife, Rita (Robert) Bolduc; his parents, Charles and Ora Bolduc; brothers Kenneth Bolduc, Charles "Sam" Bolduc, Roland Bolduc, Rev. Hector Bolduc and Armand Bolduc; sisters Theresa Bolduc Tracy, Marie Bolduc and Barbara Bolduc Colby; as well as daughter-in-law, Martha Clark Bolduc.

Calling hours were held on Sunday, April 14, 2019 from 2 to 4 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. A Mass of Christian Burial was celebrated on Monday, April 15, 2019 at 11 a.m. at St. Mary of the Assumption Church of St. Gabriel Parish in Tilton. Burial will follow in St. John Cemetery in Tilton.

Memorial donation in memory of Maurice, may be made to the charity of one's choice.

For more information, go to www.smartfuneralhome.com.

LRCS strengthens families through parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia, announces parenting programs this spring for parents with children of all ages.

Most classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for families in attendance. Advance registration is requested as space is limited. Assistance with transportation may be available with advance notice and approval.

Parenting classes scheduled for this spring include: Cooperative Co-Parenting (four weeks beginning May 7) for non-married, separated, or divorced parents and caregivers raising children together from separate households, covering topics such as positive communication, reducing and resolving conflict, and negotiating agreements; Developing Personal Power & Keeping Kids Safe: A Nurturing Skills Module (seven weeks beginning May 2) This Nurturing Skills Module focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. For

this class only, participants have the choice to enroll in daytime sessions from 11 a.m.-1 p.m., or evening sessions from 6-8 p.m.

Call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lracs.org for more information or visit our website at www.lracs.org and review our Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by the LRCS' Family Resource Center of Central New Hampshire.

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow

because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS' work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lracs.org.

New sugar detox program starts May 1

WOLFEBORO — The final Sugar Detox Program of the Spring season will be offered on Wednesdays, May 1-29, from 5:15 to 6:30 p.m. The program is offered by Patty Walker,

a local Registered Dietitian and Certified Diabetes Educator.

"Most Americans have a sugar addiction and don't even know it," says Walker.

"Needing to eat every few hours or getting cranky if your meal is late are signs that you may have a sugar addiction. Weaning off sugar is tough. Most who try will cut out white sugar but not realize that there is extra sugar added to their crackers or condiments. Even sugar substitutes can cause sugar cravings," states Walker.

Past participants have lost weight, improved their sleep, reduced their blood sugars and increased their energy, all while kicking sugar addiction. The secret to the success of the participants is the unique combination of the program's design, simplifying the focus to sugar and the group support

The program meets weekly at Still Waters Health and Wellness Center at 6 Grove Street in Wolfboro. Pre-registration is required. The cost of the program is \$99 per person. Participants can save \$10 if they register a up to a week prior to the start of the course. Additional information can be found at www.ccdnwc.com. Please call Patty Walker at 520-3176 to register.

Affordable health screenings coming to Meredith

MEREDITH — Residents living in and around the Meredith, New Hampshire can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. Chase House at Mill Falls will host this community event on May 6. The site is located at

300 Daniel Webster Highway in Meredith.

Screenings can check for:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.
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to create a package that is right for you based on your age and risk factors. Also ask about our Wellness Gold Membership Program with allows customers to get all the screenings they need now, but pay \$19.95 a month. Call 1-877-237-1287 or visit our website at www.lifelinescreening.com. Pre-registration is required.

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NORTH COUNTRY NOTEBOOK

Sometimes, the introduction is better than the actual story



By JOHN HARRIGAN
COLUMNIST

in minutes. And that's when Arthur Muise, the region's much respected game warden, stepped out from the woods. The bright red wool jacket, part of the warden's traditional winter outfit, was unmistakable.

"Wait a minute, wait a minute!" said my visitor. "You've got to write about this!" To which I replied that I'd often written about Arthur's surprise visit.

"No, no!" he said. "Not about the surprise visit! Making the hole!"

+++++

Well, I suppose so. But who thinks about a hole? Come to think about it, I do.

Often, when I was living in Lancaster as editor and publisher of the Democrat, I'd stop and ask Gomer Powell what he was up to whenever I saw him digging, standing beside, half-way down, or evidently at the bottom of, a hole.

Theoretically, I was always interested in anything anyone might dig up in any job around any town. That's how some important finds are found, and history sometimes is written.

But the real reason



Ice went out in stages this year, something not always the case on the Mohawk River, which drains parts of Colebrook, Columbia, Stewartstown and Dixville. This view upriver is from Colebrook's Parsons Street (Route 26) bridge.

JOHN HARRIGAN

was that I enjoyed visiting with Gomer. What a card he was--smile and handshake at the ready, and always time to visit. He knew what was going on around town, as well as state, country, and beyond. He was up on his game.

Similarly, I once encountered a hole along Wall Street, and stopped to investigate, and wound up saying hello to three shocked utility

workers--shocked because I'd even stopped to investigate. In New York, I guess, a hole is not a whole lot different.

Some brisk visiting ensued (it was cold and windy, a good day to be at the bottom of a hole).

Where was I from, they wanted to know? And where in hell was that? And what was I doing in the city?

Questions and answers brought more

questions, and we enjoyed visiting while the tax rates soared. Soon two more heads joined mine--my companions, back to look for me. "What can you guys see from down there?" I yelled over the roar from a light turned green. "Just you," one yelled back.

"I think," my sister

said as we walked away, "this will be their table conversation tonight."

+++++

Another time soon, I'll get back to Arthur Muise's sudden appearance from the alder swamp along Phillips Brook. It's a story I've relished telling before.

We invited him to join us that day, of course, and he seemed happy to sit down by the fire, drag out his lunch, and join in with the stories--the stories that always turn up when you're on the trail, bump into kindred souls, and share a fire.

But the thing I've always liked the best about this story is that not once in all the time we shared each other's company did Arthur so much as mention how and why he'd managed to bump into us in that beautiful and remote region of God's Country.

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

It would be just a hole in the snow, a place to have lunch at the bottom of a six-foot drift on the lee side of a clump of spruce. The trapper, Elias Hopps, went off to break dry stubs from beneath big softwoods, while I took my snowshoes off and began making the hole.

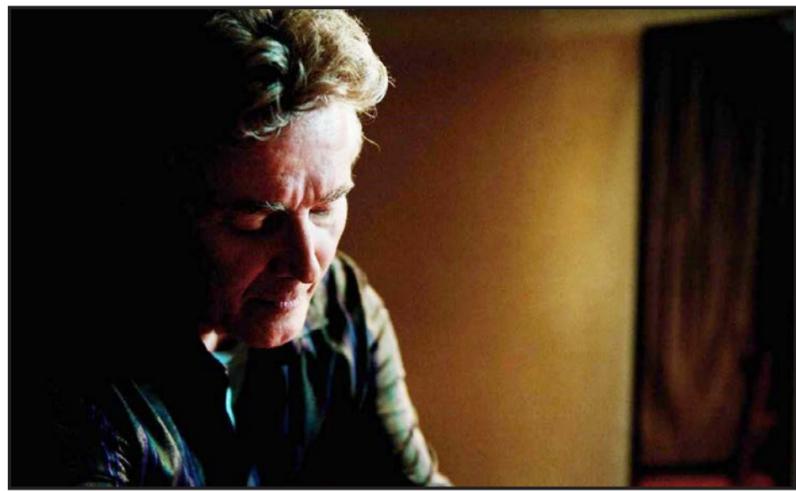
Of course, the further down I went, the more compacted and heavy the layers of snow became. When I got to waist level, it was easy to carve out a shelf where we could use snowshoes for seats. Near the bottom, I chopped out a circle for a fire pit. Elias was soon back with plenty of firewood, and two or three big pieces to serve as a base.

With birchbark and pieces of stump, we had a good fire going with-

Musical entertainment with David Lockwood at Taylor Community

LACONIA — David Lockwood has played for more than 35 years in the greater New England area with the Attractions; Raccoon Beach; Little Davey and the Aberrations. He has also shared the stage with Bonnie Raitt, Joe Lovano and Mavis Staples, among others.

Wednesday, April 24 at 6:30 p.m., Lockwood will bring his talents to Taylor Community's Woodside Building. This free event is open to the public. As a solo singer/pianist, he covers a wide range of material, from jazz standards to classic pop tunes and one hit



COURTESY PHOTO

David Lockwood

wonders, as well as his own songs.

In favorable weather, Lockwood travels with his baby grand

piano on a trailer and performs outdoors as Little Davey & the Rolling 88s. He was

SEE LOCKWOOD PAGE A8

Monument Men, Part IV at Taylor Community

LACONIA — Monument Men, Part IV discusses Theodore Roosevelt, a popular president whose respect for natural beauty was unequalled, and who foreign policy brought several new territories under U.S. control. Roosevelt took the final place on Mount Rushmore.

This film is scheduled for Wednesday, April 24 at 2 p.m. in

Taylor Community's Woodside Theater. It is free and open to the public.

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.

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LRGHealthcare honors award winners

LACONIA — LRGHealthcare held its 17th Annual Meeting of its members April 10 at Laconia Country Club with almost 100 people in attendance.

As part of the evening's program, Scott Sullivan, Chairman of the LRGHealthcare Board of Trustees, presented the 2019 Rhoda C. Ladd and Sally Proctor Awards. The awards are LRGHealthcare's highest honors and are given annually to individuals who give of themselves to improve the community's healthcare system.

The 2019 Laconia based, Rhoda C. Ladd Award was presented to retired Laconia Fire Chief, Ken Erickson. Ken retired as Laconia's fire chief in 2018 after 17 years with the Department. He was a strong, supportive and positive leader who worked tirelessly as an advocate for fire and emergency services. In retirement, Ken continues to have a positive impact on the community where he is active in organizations like Veterans Count, Eas-



Rhoda C. Ladd Award recipient, Ken Erickson with Scott Sullivan, LRGHealthcare Board Chairman and Kevin W. Donovan, LRGHealthcare President and CEO.

ter Seals and the Partnership for Public Health just to name a few. He also teaches chemistry and fire protection systems at Lakes Region Community College and goes to area fire departments to provide ongoing education.

The Franklin based,

Sally Proctor Award for 2019 honored Franklin's retired Fire Chief, Kevin LaChapelle. Kevin started with Franklin fire in 1988 and spent the last seven years of his career as fire chief and emergency management director. Throughout his career, Kevin accomplished a



Sally Proctor Award recipient, Kevin LaChapelle with Scott Sullivan, LRGHealthcare Board Chairman and Kevin W. Donovan, LRGHealthcare President and CEO.

lot. He worked with other local rescuers to form the Three Rivers WET Team; worked closely with clinicians and advocacy groups within the opioid misuse crisis; and lead his department to create EMS360, a private and public partnership that will enhance the fi-

nancial stability of EMS funding for Franklin Fire Department. Kevin has also served the New Hampshire Association of Fire Chiefs and the Governor's Opioid Death Review Committees, and was named the 2017 New Hampshire Emergency Management Director of the Year.

In addition to the presentation of awards, much of the evening's program focused on the accomplishments and financial outcome of Fis-

cal Year 2018. Positive highlights from the past year include LRGHealthcare's achievement of ISO 9001 Certification, putting them among the top 5 percent of hospitals nationwide for the highest quality patient care standards. LRGHealthcare also touted being credited with an 'A' in Patient Safety from the Leapfrog Group last year. In addition, LRGHealthcare looks forward to completion of its newly renovated Emergency Department at Lakes Region General Hospital later this year for which construction began at the end of last year.

The topic of a partnership / affiliation for LRGHealthcare was also addressed. No formal announcement was made, however Donovan shared that the Board of Trustees continues to explore a potential partnership with another organization. Any potential partners have been kept confidential, however Donovan did share that while they were focused on one possible partner the last few months, they have recently shifted their focus to another. He expects there will be a formal announcement sometime this year.

LRGHealthcare's SEE AWARDS PAGE A10

Belknap Subaru supports Every Child is Ours

BY DONNA RHODES
drhodes@salmonpress.news

TILTON —Belknap Subaru President Mark Johnstone, his staff, and Subaru of New England representatives John Hayes, Bill Bergeon and Keith Manning were pleased to present a check for \$20,017 last week to the local nonprofit group Every Child is Ours, which provides weekend snacks and lunches for students in need throughout the Winnisquam Regional School District.

Through the annual Share the Love Campaign, held from Nov. 15 until Jan. 3, Belknap Subaru offered to donate \$250 to a charity of choice whenever



Joined by his staff and representatives of Subaru of New England, Belknap Subaru's president, Mark Johnstone, was happy to present Every Child is Ours, a local nonprofit group that helps fight childhood hunger in the Winnisquam School District, with a check for \$20,017 last Friday morning. The money was raised through donations from staff and customers during the dealership's annual Share the Love campaign.

people purchased or leased a new Subaru from their business in Tilton. Among the notable charities the dealership chose to support during this year's campaign were the ASPCA,

Make-a-Wish Foundation, Meals on Wheels Association of America and the National Park Foundation. However, they also selected ECIO as their local charitable partner and as a result many of their customers named that nonprofit group for a donation when they signed a purchase or lease agreement.

"People really liked the idea of giving lo-

cally, where they knew where the money was going and what it was being used for," one sales representative said.

As Johnstone presented the check to ECIO on Friday morning, he thanked not only their many customers but everyone on the Belknap Subaru team who helped make the Share the Love cam-

Author lecture & book signing April 29 at Taylor Community

LACONIA — Author Eva A. MacDonnell is a simple woman with a gift — the ability to talk to her dog Eros, the true author of the book "The Way of the Dog From the Memoirs of Eros, the Metaphysical Dog."

Eros lives in the Wild of New Hampshire. Well, not exactly! He lives in a very small house with an elderly couple, minding another dog and a cat, while keeping guard of 20 acres of farmland, and chasing away deer and turkeys daily.

In this dog world, he's the undisputed alpha dog -literally. When not transcribing his life story to Eva, Eros, now an accomplished philosopher, holds court with squirrels, raccoons, bears, cardinals and bluebirds

who come by his house, partaking in his wisdom. In between these soliloquies, he wards off coyote attacks with one paw and a mighty bark.

Dog lovers and anyone whose interest may be aroused by this tale will want to join us Monday, April 29 at 6:30 p.m. in Taylor Community's Woodside Building for Eva's lecture and book signing. This free event is open to the public.

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.

LOCKWOOD (Continued from Page A7)

recently featured on "New Hampshire Chronicle."

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.

DELANEY (Continued from Page A3)

said a number of states do not have their own strong environmental agencies.

He introduced a carbon bill in the House that received bipartisan support but failed. Delaney said he will plan to implement a carbon tax and bolster renewable energy. He also wants to see more work done with technology that removes carbon from the air and turns it into a commodity that can be sold.

Delaney has a plan for a universal healthcare system that includes both government support and options for private insurance. Delaney said he would keep Medicare as it is for people over 65 and also create a basic healthcare system using the 800 providers in the Medicare network that would be a right for

people ages 65 and under. This plan will cost \$5 trillion and be paid for with \$1 trillion from ACA subsidies and \$4 trillion from eliminating the corporate deductible on healthcare.

People would have the option of purchasing supplemental insurance plans, this way risk would be shared across the country and not by smaller areas as the Affordable Care Act is organized now.

"American people do not want to be told you have one option and it's a government plan," Delaney said.

Delaney also supports pre-K education for every child ages 0-3. He said studies have shown poor children know a third of the words other children know by the time they reach kindergarten.

He also wants to create a national service program for high school graduates with options to go into the military, go into community service, be part of a Climate Corps to help citizens with sustainability, or work in general community infrastructure such as work on parks and federal buildings. Participation in this program would provide money for post-secondary education.

Another focus that him and his wife April have had is managing technology and artificial intelligence. He said while technology has been a major force, one thing that needs to be addressed is how technology can be made addictive for youths.

Delaney said he does support universal gun

background checks, restrictions on assault rifles, and red flag lists. On immigration he supported the 2013 bipartisan bill for money for boarder security, fixed visas, and a path to citizenship program. He spoke with a number of women at a detention center in Texas. After hearing their stories on the hostility in Honduras he said he understands why families left the country for a safer place. Delaney said he wants to put Deferred Action for Childhood Arrivals (DACA) back into law.

He supports the Trans Pacific Partnership with other Asian countries to help curb China's economic strength. Delaney will also aim to reverse the ban on transgender people serving in the military.

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CONSTRUCTION

(Continued from Page A1)

ing, and others is down 10 percent.

Ayer said the only thing that hasn't gone down this year is site plans, saying the town received 50 percent more in fees from those.

Ayer provided the selectmen with a list of the different applications that had been processed through the Planning Board. The only one that was denied was from Bank of New Hampshire Pavilion requesting to hold concerts until 11:30 p.m. on Friday and Saturday nights.

Overall the Planning Board has looked at six site plan amendments and four site plans for new work. Eddy asked if that is a typical ratio and Ayer said that depends on the year. He said usually, they see more site plan amendments than new site plans.

The Planning Board is looking for a recording secretary. Ayer said an ad was placed for that position and no one applied as of that meeting. This isn't an issue unique to Gilford, Meredith is also looking for a recording

secretary and had not received any applications as of that meeting. Ayer said Gilford is also offering more money for that position than other towns usually offer.

Selectman Gus Benavides said Police Chief Anthony Bean Burpee mentioned during a prior meeting that the Police Department had a number of volunteers working for them and asked if something similar could be considered for the recording clerk position.

PUB MANIA

(Continued from Page A1)

Bank of New Hampshire Pavilion, and winds back. Others run. Some ride their bicycles.

Some Shufflers don't Shuffle at all. They simply take their raffle and complimentary drink tickets into Patrick's to have a beverage.

"Everyone loves the Shuffle," said Patrick's Co-owner Allan Beetle. "People catch up, socialize, get in some exercise and maybe a bite to eat—and it's all 'for the kids' as we like to say."

Patrick's covers the cost of the free drink per Shuffler and also organizes the logistics of the events. "What they do for the community, you can't say enough about it," Fielders said. "It's amazing."

The raffle—held af-

ter the walk has ended for the last Shufflers—is a big weekly draw. Prizes include Patrick's Frisbees or sweatshirts and other Pub Mania memorabilia. Through Sunday May 5, Shufflers and Patrick's customers can also enjoy the warmth at Patrick's Beach Bar.

Fielders is team captain for the Pub Mania team Color Me Christmas, entering its third year. The Shuffle serves as one of many ways the 24-member team helps raise money, Shuffling to the tune of \$2,500 worth last year; the team raised just over \$9,000 in total.

Other fundraisers include sales of Yankee Candles, a cornhole tournament planned for May this year, ornament sales

at Christmastime, and a lottery ticket raffle.

Walking the Shuffle route and catching up over dinner is a tradition for Fielders and the friends, family, and staff on her team. "We have a core group that comes every time, and they try to bring friends, whoever we can round up from week to week," she said.

Her 6-year-old granddaughter is always part of the fun, as are the Fielders' children, now between the ages of 17 and 26.

"The Shuffle is an easy way to raise money for the team and a fun way to get together while exercising," Jennifer Fielders said.

For more information on Patrick's Pub, call 293-0841 or visit www.patrickspub.com.

EASTER

(Continued from Page A1)

will begin at 7:45 p.m., then kids will be called out to the side field to hunt for eggs. Kids will hunt by the age groups of Kindergarten and under, Grades 1 and 2, and Grades 3 and 4. Eggs will be scattered across the field and kids and families will search for them by flashlight.

Egg hunters are asked to dress appropriately for the weath-

er and the field conditions.

The Gilford Youth Center and Gilford Parks and recreation will be joining forces for the 10th annual Breakfast with the Bunny on Saturday, April 20.

The pancake breakfast for kids and adults will take place at the GYC from 8-10 a.m. The Easter Bunny will be

making a special appearance and kids can have their picture taken with the bunny. Other activities include a cookie walk, face painting, coloring contest, and raffles. No reservations are needed, tickets are \$4 for kids and \$6 for adults.

All of these events were made possible by many generous sponsors and volunteers.

LIBRARY

(Continued from Page A2)

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, April 23

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.

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

Join us for Book Bites Cookbook Club. This month's theme is Brunch! Sign up at the library, cost is \$5.

Nightly Knitting, 6-8 p.m.

Wednesday, April 24

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.

Come work on your art and fiber crafts! Rug hooking, latch

hooking, quilting, needle felting, and any other fiber crafts are welcome to join! Meets every Wednesday. Find us on Facebook. Lakes Regions Fiber Artists and Crafters.

Geri Fit Classic, 4-5 p.m.

See 'Geri Fit Classic' above.

Thursday, April 25

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!

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

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

Conversational French, 4-5 p.m.

Foreign Movie Night, 7-8 p.m.

This month's movie is "A Separation," a PG-13 Iranian drama movie.

REC NEWS

(Continued from Page A3)

uled for Wednesday, Sept. 4 to see the Red Sox play the Minnesota Twins. Travel to and from the game will be provided aboard a Coach Company, Luxury Coach fully equipped with climate control, DVD Video System and Lavatory. This trip is limited to 53 participants, so register early!

Cost: \$52 per person or \$190 for a four-pack

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

Bolduc Park Golf Programs

The Gilford Parks and Recreation Department is offering a variety of golf programs at Bolduc Park through the spring for children and adults. Youth and Adult Lessons are available at Bolduc Park in two, three-class sessions during the evenings this May and June. The session dates for youth lessons for ages six and up are; May 7, 14 & 22 and June 4, 11 & 18. The session dates for adults are; May 9, 16 & 23, 2019 and June 6, 13 & 20.

Classes run from 5:30-7 p.m. each evening.

Cost: Youth Lessons - \$70

Adult Lessons - \$70

All programs have limited availability and registrations will be accepted on a first come first served basis. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Senior Moment-um Scattergories Game Day on Monday, April 29

The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, April 29. We will meet in the Gilford Community Church's Fellowship Hall at 11:30 a.m. for a fun afternoon of game playing. Coffee, tea and water will also be provided. Participants are asked to RSVP by Friday, April 26.

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

MARKETS

(Continued from Page A4)

selling some covered calls on equity positions or buying some puts on some equity positions that you may have large capital gains and do not want to sell. The puts would offset some of the losses if that stock decreased in price. We are also 10 years into a bull market with only

minor corrections. Try not to wait to hedge your positions until the markets are correcting, be ahead of the volatility. We are due.

It is my opinion that an actively managed portfolio of individual stocks, bonds and exchange traded funds give you an abundance

of opportunity to make your portfolio work through all market cycles. Options strategies can hedge existing positions or help to garner income for that portfolio. While the use of options is sometimes viewed as "risky," proper use can lower the Volatility in your portfolio. Much

of the "risk" with options comes from the inherent leverage at the hands of the "inexperienced."

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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Edward Jones: Financial Focus

What Can You Do With Your Tax Refund?

We're getting close to the tax-filing deadline. For many of us, this means it's that time of year when we get our biggest financial windfall – a tax refund. If you have recently received a refund, or are expecting to get one in the next few weeks, what should you do with it? Of course, you could just spend the money on something you want, but if you'd like to maximize the financial benefits from your refund, you might want to consider other options, including the following:

Invest the money. In 2018,

the average tax refund was about \$2,700. For this year, it might be somewhat lower, due to changes in the tax laws and the failure of taxpayers to adjust their withholdings in response. However, if you were to receive in the neighborhood of \$2,700, you'd be almost halfway to the annual IRA contribution limit, which, in 2019, is \$6,000. (If you're 50 or older, you can put in up to \$7,000). If you have already "maxed out" on your IRA, you could use your refund to fill in gaps you may have in other parts of your investment

portfolio. **Pay insurance premiums.** Let's face it – nobody really likes paying insurance premiums. Yet, if you have anyone depending on you, you will certainly need life insurance, and possibly disability insurance as well. And if you want to help protect your financial resources later in life from threats such as an extended – and hugely expensive – stay in a nursing home, you also may want to consider long-term care insurance. Your tax refund could help pay for some of these premiums, boosting

your cash flow during the months you would normally be making these payments.

Contribute to a college fund. It's never too soon to begin saving for college, which has grown increasingly expensive over the last several years. So, if you have young children, you may want to think about investing some or all of your refund into a college-savings account, such as a tax-advantaged 529 plan.

Pay off debts. You might be able to use your refund to pay down some debts

– or perhaps even pay off some of your smaller ones. The lower your monthly debt load, the more money you will have available to invest for the future. Keep in mind, though, that you might not want to look at all debts in the same way. For example, putting extra money toward your mortgage might help you pay it off faster, but you'll also be funding an asset – namely, your house – that might not provide you with the same liquidity as you can get from investments such as stocks and bonds.

Help build an emergency fund. By building an emergency fund containing six to 12 months' worth of living expenses, you can help yourself avoid dipping into your long-term investments to pay for large, unplanned-for bills, such as a major car repair or an expensive dental procedure. Your tax refund could help build such a fund, with the money ideally being placed in low-risk, liquid vehicles. Clearly, you can help yourself make progress toward a number of your financial goals with your tax refund – so put it to good use.

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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Volunteers build ramp for veteran

LACONIA — A group of volunteers from Lakes Region Builders & Remodelers Association helps out a local Vet by building a much needed ramp to get easier access to his home.

With the new ramp in place, coming and going becomes a lot simpler for a Laconia veteran, who was having a difficult time accessing his home.

The project was brought to LRBRA's attention by the local organization called Service Link who specializes in finding sources for Veterans needing help.

They reached out to one of our members, Gregory Page from Meredith Village Savings Bank to see if he knew of anyone that could build a ramp for a veteran at a reasonable price. He indicated to her that a number of our members would jump at a chance to help out a vet.

"The job went very



well. The teamwork was unbelievable, especially considering it's the first time we've all worked with each other. And it

COURTESY (Left) Marie Degulis, Secondwind Water Systems, Kristofer Belanger & Cole Manion from Hayward & Co., Jeremy Doucet, Lighthouse Contracting Group, Greg Page, Meredith Village Savings Bank, Roy Sanborn, Four Seasons Sotheby's International Realty, Mike Hayward, Hayward & Co., Kurt Clason, K.A. Clason Fine Woodworking, Leo Greene, Melcher & Prescott Insurance.

was fun," noted Page. Lakes Region Builders & Remodelers Association is part of the New Hampshire Home Builders Association who also runs Hammers For Vets, a non profit organization.

You can assist in helping eligible veterans and their families through the Hammer for Veterans Program developed by the Builders Care NH Foundation. <https://builderscarenh.com>

SUBARU

(Continued from Page A8)

paid a success this year.

"I'd also like to thank the sales staff for creating awareness of the critical work done by Every Child is Ours in the Lakes Region. This is an amazing partnership; customers, local business and Subaru coming together to do the right thing for this amazing group," Johnstone said.

Chuck and Lisa Drew head up Every Child Is Ours but are helped in their endeavors by a group of dedicated volunteers. They also work closely with school nurses and guidance councilors who assist them in identifying students of families that are in need of assistance, as well as people of the Tilton Senior Center who then fill food bags for those children each week. On Fridays, those students are then sent home for the weekend with a bag filled with lunch and snack items. At the middle school and high school levels, Lisa Drew said the students are a bit more self-conscious about picking up those bags though, so they have developed a different method to assist them.

"There's a Secret Closet in both their schools and at the Youth Assistance Program on Main Street in Tilton. That way the students can just drop by to get what they need for the weekend. We even have some toiletry items in there, too, if they need any," she said.

Both Lisa and her husband Chuck were thrilled to receive such a large donation toward

their program. Lisa said that in addition to stocking the Secret Closets, they currently fill 50 bags of food for elementary school-aged students. It's all done through volunteerism and donations, therefore the check from the staff and customers of Belknap Subaru last week was a big boost to ECIO.

"We'll incorporate some of the money into other services perhaps. It all means more uses, more ways we can give back to the community," she said.

Chuck added that not only will the money provide more for local children, it will free up time for their volunteers, too.

"Instead of doing fund raisers to keep this going we'll now be able to focus on doing more for the kids," he said.

Mark Bergeon, District Sales Manager for Subaru of New England, was also excited about this year's Share the Love initiative and expressed delight that they were not only able to help fund a local program like ECIO, but be a part of their Lakes Region community by doing so.

Belknap Subaru has been in business since 2001, selling and servicing Subaru vehicles as well as other makes and models. They are located at 35 Tilton Rd. (Route 140) in Tilton and are an accredited partner of the Better Business Bureau.

For more information on their dealership or the Share the Love campaign, please contact Scott Ives of Belknap Subaru at 729-1300.

Voila! welcomes new owner

MEREDITH — Rob Wichland, Broker/Owner of RE/MAX Bayside recently announced that the brokerage has sold Voila! For Hair & More at Mill Falls Marketplace.

The new owner is Kymm Smith, who brings many years of experience to this already successful local spa. Voila has been open for 33 years, and now Smith plans to expand on services and products. She will be introducing merchandise for men, keratin and straightening treatments, a pedicure station and an eyelash extension lab. A grand opening planned for



COURTESY PHOTO

Kymm Smith, new owner at Voila! For Hair & More.

Saturday, May 18, which will include refreshments, samples and a sale on all products.

For more information, contact Smith at 279-7011 or stop in next time you're in town! RE/MAX Bayside has

two offices at 208 Daniel Webster Highway in Meredith at 279-0079 and Laconia at 604 Main St., 527-8200.

AWARDS

(Continued from Page A8)

financial outcome for Fiscal Year 2018 (Oct. 1, 2017- Sept. 30, 2018) was an operating loss of \$13 million. President and CEO, Kevin W. Donovan explained that while a \$5 - \$8 million loss was expected, the increase was due in large part to the onetime expense of implementing the Electronic Health Record.

The governance portion of the evening in-

cluded the reappointment of Nancy LeRoy to the Board of Trustees. Nancy retired from the Board last year and returned to fill the remainder of the term vacated by Russ Thibeault. Members also voted on the re-elections of Scott Clarenbach and Mark Primeau for their next three-year terms.

2018 members of the LRGHealthcare Board

included Scott Sullivan, Chairman; Cynthia Baron, Vice Chairman; Gil Schohan, Secretary/Treasurer; William Bald; Scott Clarenbach; James Clements; Robert Evans, MD; Nancy Leroy; David Pearlman; K. Mark Primeau; Stuart Tracy; Vercin Ephrem, MD, President of Medical Staff; Samuel Aldridge, MD, Vice President of Medical Staff; and Paul

Racicot, MD, Past President of Medical Staff.

Attendees also heard the medical staff report presented by President of Medical Staff, Vercin Ephrem, MD where he recognized all those providers who retired from or joined the organization in the last year. To view the 2018 LRG-Healthcare Annual Report, log on to www.lrghealthcare.org.

PARADISE

(Continued from Page A1)

we do to help those in need," Beland said

During the event, Beland thanked all of the guests and those who supported the event.

"We could not do this without the support of all of you who have bought tickets to be here tonight," Beland said to the audience.

Beland recognized the committee for its work organizing this event. Special recognition went to Megan Beinoras, who has done the art for the program's cover for the past five years. Beinoras was presented with a certificate



ERIN PLUMMER

Guests line up at the buffet in their best tropical wear for "An Evening in Paradise."

of recognition.

Funds from the event will go to different non-profit organizations the Rotary supports including the Gilford Youth Center, the Circle Program, Camp Mayhew, and many others. Other fundraisers include the

Christmas tree sale, the Old Home Day pancake breakfast, and a food booth at New Hampshire Motor Speedway.

"We have a really great group of committed people in the Lakes Region to support us," Clarke said.

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SPORTS

Golden Eagles no-hit Bears in opener

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – For the second straight year, Gilford High School opened up its season against the Winnisquam Bears and came away with an 11-0 victory in no-hit fashion.

Adrian Siravo pitched four no-hit innings, striking out nine batters and walking two. Connor Sullivan came in for one inning and shut down the side in order to complete the combined no-hitter. Siravo certainly does well in opening day starts, as this was the second consecutive season he



BOB MARTIN

Adrian Siravo pitched four no hit innings in his first start of the season against Winnisquam.



BOB MARTIN

Jack McLean went 2/4 in the leadoff spot for Gilford.

has opened the spring without allowing a hit.

Right out of the gate, it was clear that Siravo was on his "A" game, as he was throwing bullets by hitters that were regularly being clocked near 90 mph. Coach Eric Duquette said that in bullpen sessions this has been the norm, and those close to Siravo have said he can put a little extra mustard on it when needed.

In the first inning, Siravo struck out the side with ease using his fastball primarily and making people miss with the high heat.

The bottom of the first was a nightmare for Winnisquam, as poor fielding and walks led to pitcher Michael Allard allowing five runs to go down 5-0.

Jack McLean led off with an infield hit, followed by a walk by Alex Muthersbaugh. Siravo reached on an error and then Tim Stevens walked with the bases loaded to score the first run. Allard battled back and struck out Chandler Mead, but the ball was mishandled and a run scored on the play to make it 2-0. T.J. Carmilia then stepped up to the plate and blasted an RBI single to make it 3-0. Freshman Ben Muthersbaugh reached on an error next, which made it 4-0, and another run came across from a fielder's choice, making it a 5-0 game.

The second inning saw more gas from Siravo, who forced two weak ground outs and a swinging strikeout. In the bottom of the inning, the Golden Eagles tacked on two

more runs, although there was only one hard hit ball off Allard.

Siravo struck out the side with ease in the top of the third inning and then with Jack Beaulieu on the mound for the Bears, the Golden Eagles added another run on an infield hit by Siravo.

The only trouble for Siravo came in top of the fourth inning. Siravo walked Phil Nichols but then followed up with a strikeout on a high strike call. Allard then walked and a wild pitch got Nichols to second. However, Siravo settled down and forced a fly out to left on a nice catch by Sebastian Brodeur and then a swinging strikeout.

The Golden Eagles tacked on three more insurance runs in the bottom of the fourth and Sullivan finished off the Bears for the mercy rule shortened victory in the fifth inning.

"I'm very happy with how we played overall for not having an outside practice," said Duquette. "We had 17 baserunners in four innings. We made every play on defense including a nice running catch in left field by Sebastian Brodeur - the only inning Winnisquam threatened and our pitchers threw strikes."

Duquette was very pleased Gilford was able to get this type of performance out of their ace, saying that Siravo is ready to go for another start this week.

"Adrian was very efficient and dominant and will be ready to go Wednesday at Belmont," Duquette said. "We have some things we need to improve on the next couple days in practice but we will be ready to go our next time out."

Gilford had eight hits and nine walks on the day. Carmilia led the offensive charge with a 3/3 day with two runs and three RBIs. Siravo was 2/3 with two runs and an RBI. McLean did well at lead off with a 2/4 showing with an RBI and two runs. Tim Stevens had a pair of RBIs while Cody Boucher, Brodeur and Ben Muthersbaugh all had an RBI apiece.

SEE BASEBALL PAGE B3

Golden Eagles track team kicks off season in Belmont

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Mother Nature has made it difficult for sports to get started in the Lakes Region, but Saturday Belmont High School was able to host a track meet where the Gilford High School girls took the win. The boys' team came in seventh place out of 13 teams.

For the girls' team, in the 100 meters, Laurel Gingrich was second with a time of 13.82; Brianna Fraser was third with a time of 14.04.

In the 200 meters, Gingrich was second with a time of 29.61.

In the 400 meters, Natalie Fraser took the win with a time of 1:03.11. Shea Brown was 10th with a time of 1:15.94.

In the 800 meters, Lindsey Sanderson was eighth with a time of 2:47.36; Catherine Stow was ninth with a time of 2:49.06; Vanessa Genakos was 10th with a time of 2:51.98; Samantha Holland was 11th with a time of 2:53.01; Jennie Gannon was 23rd with a time of 3:18.91 and Elena Uicker was 24th with a time of 3:20.21.

In the 1,600 meters, Stow was 10th with a time of 6:11.33, Genakos was 11th with a time of 6:13.98 and Cyndal Vansteensburg was 13th with a time of 6:13.98.

In the 100-meter hurdles, Reese Clark was seventh with a time of 20.35.

In the 300-meter hurdles, Emma Ramsey was second with a time of 56.10. Reese Clark was sixth with a time of 59.99 and Vansteensburg was eighth with a time of 1:01. Promise Veroff was ninth with a time of 1:04.11.

Gilford was second in the 4X100-meter relay with a time of 55.40; second in the 4X400 meters with a time of 4:38.84 and second in the 4X800 meters with a time of 11:57.24

In the high jump,



BOB MARTIN

Brianna Fraser and the girls' track and field team are coming off a runner up season, and hope to push toward a state title this spring.



BOB MARTIN

Harry Laflamme runs around the track in the 1,600 meters at Belmont on Saturday.

Gingrich was second with a leap of four feet, four inches.

In the long jump, Syni Lehr was fourth with a jump of 14 feet, one inch. Davalle was ninth with a leap of 12 feet, 10.5 inches and Holland was 12th with a jump of 12 feet, 4.5 inches.

In the triple jump, Jaylin Tully was fourth with a jump of 28 feet, 11 inches. Genakos was fifth with a leap of 28 feet, 1.5 inches and Uicker was eighth with a jump of 26 feet, 1.5 inches.

In the shot put, Kati-ana Gamache was seventh with a throw of 24

feet, nine inches.

In discus, Sanderson was 23rd with a throw of 43 feet, nine inches.

In javelin, Gamache was third with a throw of 84 feet, one inch. Syni Lehr was 14th with a throw of 58 feet, five inches. Veroff was 20th with a throw of 53 feet, four inches. Hackley was 22nd with a throw of 52 feet, three inches.

For the boys' team, Finn Baldwin won the high jump with a leap of five feet, eight inches.

Korey Weston won the javelin with a throw of 130 feet, four inches.

In the long jump, Weston was third with a jump of 19 feet, three inches. Baldwin was fourth with a jump of 19 feet.

In shot put, Weston was fourth with a toss of 37 feet, eight inches.

In the 100 meters, Nick Arenstam and Alex Cheek had times of 13.39 for 17th.

In the 200 meters, Arenstam was 15th with a time of 27.16 and Ramsey Landry was 21st with a time of 28.11.

In the 400 meters, Brian Tremblay was fifth with a time of 58.97 while in the 800

SEE TRACK PAGE B8

Summer's Here Early This Year!

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BOB MARTIN

Reagan McIntire came away with a win for Gilford last week.



BOB MARTIN

Madison Eastman returns a shot for Gilford against Moultonborough.

Shorthanded Gilford team falls to Panthers

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gil-

ford High School girls' tennis team took on Moultonborough Academy last week, and with the Golden Eagles battling illnesses, the

team was shorthanded and lost 5-2.

Reagan McIntire beat Jess Lear 8-4 in a hard fought battle. However, Megan Swedberg of Moultonborough Academy beat Olivia Comeau

8-6. Aubrey Smart of Moultonborough defeated Maddy Eastman 8-2. Maddie Colby of Moultonborough beat Alyssa Gosselin 8-3. Annabelle Eisenmann beat Olivia Watson of Moultonborough 8-2.

Corrina Brennan of Moultonborough beat Alexa Leonard 8-2.

There was only one doubles match with Eastman and Gosselin falling to the duo of Swedberg and Colby.

For openers, Gilford lacrosse teams come up short

BY BOB MARTIN

Bob@Salmonpress.news

PEMBROKE – The Gilford High School girls' lacrosse team kicked off the season last week with a 21-10 loss to Pembroke.

The Eagles were down 11-9 at the half, but couldn't stay with Pembroke in the second half. Midfielder Shelby Cole had five goals and two assists in the game. Other goal scorers were Kolbi Plante, Ashley Hart, Mollie McLean and Katie Sullivan, who had two. Hart added two assists in the game.

The Gilford High School boys' lacrosse team also lost its opening game 15-5 in a road game against Monadnock. Brandon Gallagh-

er had two goals and other scorers were Cooper Blackey, Curtis Nelson and Max Bartlett. It was Bartlett's first career varsity goal.

Nelson also did well controlling loose balls. Coach Mike Robbs said the team cleared the ball fairly well for not being able to use a field yet this spring.

"We did okay for the first quarter but fell apart a bit in the second half," said Robbs.

Robbs said it has been a tough start to the season, as the practice fields have not been ready. He said fortunately Laconia High School has allowed Gilford to use the facilities in the meantime, which he said he was

very thankful for. Robbs hopes that the weather will allow for more outdoor practices and that the team can get on the same page to put together some wins.

"We need to work on passing and catching in space, and also attack and moving," said Robbs. "We are a young team with a lot of sophomores."

The boys' team is scheduled to play Lebanon at home at 4 p.m. on April 19. The girls' team travels to Derryfield for a 4 p.m. matchup on April 19.

Golden Eagles open with pair of wins

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford boys' tennis team managed to get out on the courts last week and started the season off with a pair of wins.

Gilford beat Moultonborough Academy 5-4 in a tight battle between Lakes Region squads. Mikey Eisenmann won his match against Timothy Lاهی 8-0 to set the tone. Colton Workman won

9-7 over Mason Foreman in a hard fought battle that went back and forth. Bradley McIntire then fell to Devin Rooney 8-3. Moritz Lietz beat Myles Currier 8-6 and Neal Miller fell to Stephen Woods. Patrick Finnegan of Moultonborough then beat Adam Sikoski 8-2. Gilford then took two out of three in the doubles to secure the win.

Gilford also faced

Profile and won 6-3 to improve to 2-0 to start the season. Coach Terry Wilson was very pleased with the way the team looked at the early stages this season.

"A good start considering we have practiced three days on our courts and have four new players in the top six," Wilson said. "The kids are working hard and are very supportive of each other."

Belknap County Sportsmen's Club hosting ham and bean dinner

GILFORD — The Belknap County Sportsmen's club ham and bean dinner will be held April 19 at the Belknap County Sportsmen's Association Club House on Lily Pond Road on Thursday, April 18, at 6 p.m.

At the conclusion

of the meal a talk will be given by Tim Caverly, a Maine author who has written and published nine books about Maine. In 1999, Caverly retired from his Regional (Park) Supervisor position of the Allagash Wilderness Waterway for Maine's

Department of Conservation. Due to accompanying his fire warden dad, Baxter Park Ranger brother Buzz "on patrol" and his 32 years as a Maine Park Ranger, Caverly has lived in the four corners of Maine. Members and guests will be

treated to stories based on his personal experiences and knowledge of Maine's history and landscapes

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

Cal Ripken board meeting May 2

GILFORD — The Gilford Cal Ripken Baseball board will be holding a public board meeting on May 2 starting at 6:30 p.m. at the Gilford Town Hall. All residents wanting to know more about Gilford Cal Ripken Baseball or wanting to meet the board are welcome to attend.

Smith River Canoe Race returns May 18

WOLFEBORO — The 45th running of the Great Smith River Canoe and Kayak Race will be held Saturday, May 18. It is a four-mile race that includes a quarter-mile of class two white water and two short portages. There are 19 classes, from novice to expert for both canoes and kayaks.

The race starts at 1:15 p.m. at Albee Beach on Lake Went-

worth and finishes at the town docks on Lake Winnepesaukee. There will be prizes for the first three finishers in each class. Registration is \$20 per paddler and there will be free t-shirts for the first 50 entrants. Entry forms are available in Wolfeboro at the Chamber of Commerce or by calling 569-5454.

Racers can also register the day of the race at Albee Beach

between 10 a.m. and 12.45 p.m.

Proceeds from the

race go to the Wolfeboro Lions Club and are used to support

the club's scholarship fund. In conjunction with the race there

will be a 50/50 raffle the day of the race.

Stacey Burns Memorial Scholarship 5K is May 11

WOLFEBORO — The Stacey Burns Memorial Scholarship 5K

Run/Walk will take place on Saturday, May 11, at 9 a.m. at the

Carpenter School in Wolfeboro.

Same day registration will start at 8:30 a.m., with walkers taking off at 8:30 a.m. and runners following at 9 a.m. The course starts at the Carpenter School and makes its way up to Crescent Lake School then returns to the Carpenter School. The awards ceremony will take place on the front lawn of the Carpenter School when the racers finish.

Burns was a mother of five who was killed on May 10, 2009

in her home in Wolfeboro. She had worked as a school nurse at Carpenter School and touched the lives of many people as she was always willing to lend a hand. The scholarship award is given in her name to individuals pursuing a career in nursing who not only shows merit and need but also those that embody Burns' giving spirit and kind heart.

Register at the Wolfeboro Parks and Recreation web site at wolfeboronh.us/parks-recreation.

Tough times in our little corner of the world

This has been a tough week around the Wolfeboro and Alton area.

A couple of weeks ago, the Prospect Mountain High School community lost a student-athlete. This is not the first time in my more than 15 years of covering local high school sports that a student has passed away. It doesn't matter how the student died, the fact that a young person passed away is always a tough thing to deal with.

The Prospect Mountain community has rallied around each other in the wake of this loss. I knew the student as an athlete on a couple of different Prospect Mountain teams and I was incredibly saddened to hear of her passing. She always came across to me as a bright kid with what seemed like a good future ahead. My thoughts go out to her family in their time of obvious grief.

The other loss came even closer to home for Salmon Press, as the former editor of the Granite State News

SPORTING CHANCE



By JOSHUA SPAULDING

and Carroll County Independent, Tom Beeler, passed away last week. I was working in the Wolfeboro office when Tom came in to apply for the job as office manager of that office. Our editor at the time, Mary Saliba, referred to Tom as the most overqualified applicant she had ever seen for a job. Tom came to Salmon Press with years of publishing experience on top of so much other life and job experience.

He served as the office manager for a while and helped out part time covering events in New Durham for The Baysider. When the editor position became available in the Wolfeboro office, Tom volunteered to fill that spot and he filled it for a number of years, right up until the office was closed.

I didn't always agree with Tom's ed-

itorial choices, but I also respected the fact that he did the research, stood behind his opinions and was willing to stand up to anyone who disagreed with him and back up his opinions with his research.

What I respected most about Tom, however, was his work ethic. I have always prided myself on being a hard worker, or at least someone who was willing to put in a lot of time to get the job done. Tom was the same way. He spent countless hours working on the papers every week. I would often stop in to the Wolfeboro office after games or late at night on my way home from one place or another, and the light would often be on in Tom's office and he'd be there working on writing a story or preparing the paper for publication. He put in a lot of time to make the Granite State News and the Carroll County Independent the best papers that they could be. He covered countless meetings and oth-

er events in the Wolfeboro and Wakefield areas for many years.

He will be missed in the local communities for the work he did covering the events but he will also be missed for the person that he was, the person that made the papers what they are for the last number of years. His commitment to the community was truly something to marvel.

My thoughts go out to Tom's family, most of whom I had the pleasure to meet over the course of the time we worked together.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundland Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Abenaki Attack featuring plenty of racing

WOLFEBORO — Bring the kids, bring the dogs and bring your friends, there's something for everyone at the Abenaki Attack, set for July 6 at Abenaki Ski Area in Wolfeboro.

Abenaki Attack is a day of racing to benefit Lakes Region Humane Society, Masons Morning Star Lodge 17 and the Wolfeboro XC Ski Association.

The day will feature a trail race, a 5K, a 10K, a 5K canicross

(bring the dogs) and a one-mile fun run/walk. There will also be a post-race picnic with plenty of food and water for humans and dogs.

This day of family-friendly, canine-friendly, competitive events will be taking place on Saturday, July 6 with a 9 a.m. start time at Abenaki Ski Area.

Visit rockhopper-races.com for more information.

BASEBALL

(Continued from Page B1)



T.J. Carmilia smashes a pitch against Winnisquam in the season opener for Gilford.

Winnisquam coach Fred Caruso said it is never fun to get no-hit, but he gave credit where credit was due with Siravo.

"It reminds me a

bit of how teams felt facing us when we had Jordan Cote those years," said Caruso. "Adrian is a very good pitcher - the best in Division 3 and maybe the

state." Gilford took on Belmont on the road after deadline. Next up for Gilford is a road game against Fall Mountain on Thursday at 4 p.m.

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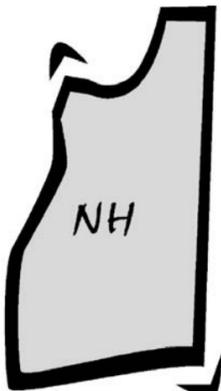
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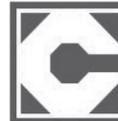
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EOE

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The Town of Gilford is accepting applications for a Cemetery Caretaker (\$14 p/h) and a Cemetery Laborer (\$12 p/h).

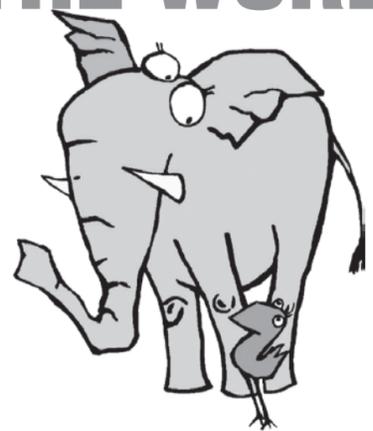
Duties include lawn care, monument maintenance, spring and fall clean-ups, operating machinery and equipment and other outdoor labor as may be assigned. Both positions require the ability to perform strenuous physical activities in variable weather conditions. Both jobs are seasonal, full-time (40 h/p/w) from Mid-April to Mid-October, with no benefits. Flexible scheduling is a possibility for the right candidates.

The Cemetery Caretaker will serve as a supervisor and interact with the public in the sale of cemetery lots, scheduling burials, delineating plots, record-keeping and administration and enforcement of cemetery rules.

Applicants must be at least 18 years of age and possess a valid driver's license. The Town is seeking dependable workers with a positive employment history, a proven work ethic and the ability to do high quality work. Employees will be required to comply with safety procedures and follow detailed instructions at all times.

Applications are available at the Gilford Public Works Department (55 Cherry Valley Road) and will be accepted until positions are filled. EOE.

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TRACK

(Continued from Page B1)

meters, Connor Guest was 13th with a time of 2:26.94.

In the 1,600 meters, Steven MacDonald was 15th with a time of 5:44.12; Harry LaFlamme was 16th with a time of 5:48.23 and Mitchell Townsend was 17th with a time of 5:51.60.

Townsend was eighth in the 3,200 meters with a time of 12:38.72.

Season preview

The girls' team is coming off a runner up performance at the Division 3 state meet and once again should be a force. Last year the team was also second at the Wilderness Meet, and there were many standout performances by sprinters, hurdlers and relay teams. Last year was the first time since 1996 that the Golden Eagles had a runner up finish.

"The girls are looking to continue to be a contender in the division," said coach Joe Wernig. "Sprints and relays scored all our points last year. We are hoping to add some points in the field events and distance."

The Golden Eagles bring back one returning senior, Jennie Gannon, who runs distance. There are 22 underclassmen on the team, which bodes very well for the future of the program.

The team is led by a strong junior class that qualified for the Division 3 meet, which includes twin sisters Brianna and Natalie Fraser. The Frasers will compete in sprints and relays this spring. Last year the Frasers were on the 4X100 and 4X400-meter relay teams that placed first in the state. Natalie Fraser was named to the All-State team.



BOB MARTIN

Mitchell Townsend ran the 3,200 meters for Gilford on Saturday.

Laurel Gingrich will be on sprints and relays, and was on those state champion relay teams, as well. Emma Ramsey is coming off a very strong indoor track season and will be competing in the hurdles. Katiana Gamache will be throwing shot put and javelin. Sydney Lehr and Sam Holland return for long jump and triple jump.

Wernig said that others looking to score some much needed points will be Lindsey Peterson and Caroline Dean in middle distance running. Peterson was a Division 3 qualifier. Elena Uicker will be competing in the triple jump, as well. The distance crew will also include Shea Brown, Cyndal Vansteensburg, Vanessa Genakos and Cath-

erine Stow. Stow and Genakos are great athletes who just came off outstanding winter seasons skiing Nordic for Gilford High School, with the two skiing among the best in Division 3.

Jaylin Tully will also help in relays and sprints. Reese Clark and Promise Veroff are veteran hurdlers and will be competing this spring.

Wernig said Erin Madden is looking to qualify in the discus and javelin, while senior foreign exchange student Lara Davallee looks to score points in jumps and sprints.

Riley McDonough, Katie Hackley and Callista Shephard are a trio of newcomers competing in sprints, throwing and jump events.

"As usual, our goal is to introduce athletes to

the great sport of track and field, and create lifelong athletes," said Wernig. "Setting personal goals and meeting those goals will help each athlete reach their potential, with the ultimate being a Wilderness League Meet qualifier and hopefully a Division 3 meet qualifier."

For the boys' team, last year the Golden Eagles came in 15th place. While this was toward the bottom of the pack in the Division, Wernig said after the state meet that it was a big improvement over the previous year where no points were scored.

The Golden Eagles have one returning scorer in senior Corey Weston. Weston will be competing in long jump and javelin, and is coming off a fantastic season. At the state

meet last year, Weston had a personal record toss of 151 feet, 10 inches. That was good for third in the state. He also had a personal record leap of 19 feet, 10.5 inches for fifth place.

Weston went on to the Meet of Champions the following week and broke his own personal record in the javelin with a throw of 153 feet for fifth place. This qualified him for New England.

At Meet of Champions he was also ninth in the long jump with a leap of 19 feet, two inches. Weston was chosen to compete in the Down Under Games this summer, as well.

Senior Finn Baldwin returns and looks to qualify for the Division 3 state again in the long jump and javelin.

Seniors Matthew

McDonough and Steven McDonald will lead the distance crew with underclassmen returners including Harry LaFlamme, Connor Guest, Joey Voivod and Jonas Bilodeau. Newcomers include Mitchell Townsend and Aiden McBey. Like Stow and Genakos, Townsend is coming off a great Nordic skiing season.

Sprinters and jumpers include returners Brian Tremblay, Max Stephan and Nick Arenstam. They are joined by Alex Cheek and Ramsey Landrey.

"With only three seniors and 18 underclassmen, we will be putting athletes in multiple events hoping to find ways to get qualifiers and some points at the Division 3 state meet at UNH in late May," said Wernig.

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