

THURSDAY, MAY 18, 2017

GILFORD, N.H. - FREE

GMS theater goes "Into the Woods"

BY ERIN PLUMMER

eplummer@salmonpress.com

Gilford Middle School students will bring an interconnected series of fairy tales together in the coming production of "Into the Woods, Jr."

"Into the Woods" brings together several fairy tale characters together to search for everything they need in one woods on one night.

Currently, two casts are rehearsing to bring the show to the stage in June.

Director Matt Demko said the productions normally rehearse for around nine and a half weeks, though this production will have to be done in less than five weeks.



The Witch (Lily Tierno, center) pays a visit to the Baker's Wife (Murphy Harris) and the Baker (Sam Leggett) during rehearsals for the coming Gilford Middle School production of "Into the Woods, Jr."

"It's a show we felt we could do in five weeks," Demko said.

Demko said the show is great for the students with this limited timeframe.

"It's based on fairy tales; the kids are familiar with the stories," Demko said.

Demko said there are a lot of individual scenes up through trios. He also said the show is mostly an ensemble cast and no one really has the lead part. Because everyone in the cast is so busy, Demko said no one has the pressure of being the lead.

Demko said this is a great group of students and they have been working really hard on the

production. Most of the students play sports, and quite a few are in dance companies as recital season draws closer

The students are still coming to rehearsals sometimes leaving around 7 p.m. Demko said this really shows dedication.

"They're coming in at 4:45 [p.m.] to rehearse because we all have after school activities," Demko said. "It's a real struggle in their dedication to do a show in five weeks [instead of] nine and a half."

Both casts will rehearse at the exact same time. A number of high school students have volunteered to help out SEE WOODS PAGE A16

Town works out solution for Community Band insurance

BY ERIN PLUMMER

eplummer@salmonpress.com

The Gilford Community Band will become a town organization under the Parks and Recreation Department in order to receive insurance. The board of selectmen voted unanimously in favor of having the band under the auspices of the town and director Lyvie Beyrent considered a town employee so

who paid bills, filled out forms to secure space in the school, took care of the trailer, and did advertising among many other tasks.

"When he passed away in 2012, we quickly realized how much he did because everyone had to chip in to do something," Beyrent said.

Beyrent said it came to their attention earlier this year that the band was not considered a town organization and was not covered under its insurance policy. She said they looked at ways to get insurance on their own, one of which was forming a 501(c) 3 organization, which came with a \$250 fee and required the formation of a board of directors. She said no one in the band's membership was really interested in this option. Beyrent said they asked finance director Glenn Waring if there were any other options. After conversations with Waring and Parks and Recreation Director Herb Greene the idea

came up for the Beyrent to approach the selectmen for the band be a town committee under Greene's direction, and therefore fall under the town's insurance. This would require the band to give up its second checking account and have all its finances managed under the town, which Beyrent said would be an okay SEE INSURANCE PAGE A16

Holiday means early deadlines

MEREDITH — The offices of the Gilford Steamer, located at 5 Water St. in Meredith, will be closed Monday, May 29 in observance of Memorial Day.

In order to ensure that our June 1 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication in that week's edition of the Steamer has been moved up one business day, to Friday, May 26 at 4 p.m. Submissions are welcome either in person at our offices or by e-mail

at steamer@salmonpress.com.

Any submissions received after 4 p.m. on the 26th will be held for publication on June 7.

For information regarding the holiday deadlines for display advertising, please contact our Sales Representative, Maureen Padula, at 569-3126 or by e-mail at marueen@salmonpress.com.

The staff of the Gilford Steamer thanks our readers for their cooperation with this change in our usual submission schedule, and wishes one and all a safe and happy Memorial Day.

the band can be covered under the town's insurance.

Beyrent spoke to the selectmen about insurance options during the board's meeting on Wednesday.

The band is already considered a part of the Parks and Recreation Department. The band receives \$1,500 from the town through the Parks and Rec budget and has its own bank account to cover bandstand upgrades, the trailer, music, and Beyrent's salary of around \$35 per event.

Beyrent said the Gilford Community Band had the late Don Cheseborough as a manager,

Gilford Physical Therapy and Spine Center takes an independent approach to pain relief

BY ERIN PLUMMER

eplummer@salmonpress.com

For more than a decade, Gilford Physical Therapy and Spine Center has been helping people of all ages overcome pain and do the activities they enjoy.

Located at 689 Gilford Ave., close to Gilford's schools, Gilford Physical Therapy and Spine Center is an independent physical therapy practice not affiliated with any hospital.



ERIN PLUMMER

(Left) Donna Lang-Rice, physical therapist and owner of Gilford Physical Therapy and Spine Center, in one of the treatment rooms in her practice.

The center has been in Gilford for 11 years. This year, they are taking an opportunity to celebrate their decade in business.

practice was The started by physical Therapist Donna Lang-Rice. SEE GPT PAGE A16

Put yourself in the spotlight with a Gilford Steamer Selfie!

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

Tell us a little about yourself by responding to the following questionnaire and submit your answers to us steamer@salmonat press.com, along with a "selfie" (or self-taken photo), and let us put



you in the spotlight! We will choose one "Selfie" each week for publication, so be sure to read the paper regularly because yours might be next!

The Gilford Steamer Selfie profile

Name:

Occupation:

I live in:

Family (Are you

married? Do you have children?):

Pets:

How long have you lived in the area?

> Do you have a favorite food?

What is currently your favorite TV show?

What is your favorite travel destination?

What's the best part about your town?

Who has been the greatest influence in your life?

Who is your favorite musical artist?

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

Favorite Sports



John Seeler (left) President of ATS Precision Machining of New Hampton and Dan Caron, (right) Educational Director for WinnAero discuss John's Piper Arrow which will be on display at the Touch a Plane, Touch a Truck event on June 3. Seeler may also have his twin engine Piper Seneca on display for the event. Both Seeler and Caron are board members of the non-profit WinnAero.

WinnAero plans Touch a Plane, Touch a Truck event

WinnAero Plane, Touch a Truck event for June 3 at the

has Laconia Airport. This scheduled a Touch a is a family event running from 10 a.m. to SEE TOUCH A TRUCK PAGE A16

team:

A2 THE GILFORD STEAMER



THURSDAY, MAY 18, 2017

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

I'm hungry. I'll just flip through this cookbook and pick a filling and healthy meal. Got it; now I'll go to the grocery store, buy the ingredients, and cook!

With the advent of modern technology and the availability of resources, sometimes it seems like all of our basics needs are easily met. The question is not whether to eat or not, but what to eat. Hunger is an easy issue to forget, espe-

where food appears plentiful. In reality, hunger and malnutrition are ongoing problems for some of the population, and children often suffer the most. This is a problem here, in Gilford.

children.

to "A Place at the Ta-

ble" on Tuesday, May

23 from 5:30-7:30 p.m.

There will be a presen-

tation by the Gilford

Got Lunch program

followed by a screen-

ing of the award win-

ning documentary "A

Place at The Table."

The film tells multiple

stories of hunger and

food insecurity across

the country, from chil-

dren to adults with full

time work. Gilford Got

Lunch will also be col-

lecting non-perishable

food as part of their

Gilford Got Lunch

is a program devot-

ed to helping provide

healthy and nutritious

breakfasts and lunches

to children when they

are not getting school

lunch, be it on week-

ends, school break,

and even during the

summer. For many

children, school lunch

is the most nutritious

meal they get. Gilford

Got Lunch works to

ongoing food drive.

As part of the 'Build a Better World' inspired program series, we are hosting an evening to raise awareness about hunger in our community. This is a chance to benefit a program that is one of the first lines of sup-

Gilford Public Library **Top Ten Requests**

- 1. "16th Seduction" by James Patterson
- 2. "The Women in the Castle" by Jessica Shattuck
- 3. "Two From the Heart" by James Patterson
- 4. "The Fix" by David Baldacci
- 5. "A Gentleman in Moscow" by Amor Towles
- 6. "Into the Water" by Paula Hawkins
- 7. "Small Great Things" by Jodi Picoult
- 8. "If Not For You" by Debbie Macomber
- 9. "One Good Thing" by Wendy Wax
- 10. "Beartown" byFredrik Backman

THE GILFORD STEAMER:

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www.NewHampshireLakesAndMountains.com

Help your child to choose friends wisely

Discuss your no-alcohol rule with the parents and enlist

their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.

Get to know your child's friends and their parents

cially in a community port for malnourished help keep children healthy throughout the year. All are welcome

> According to Gilford Got Lunch, there are around 300 students, including Gilmanton, that qualify for reduced or free lunches. The group functions "under the umbrella of the Gilford Youth Center, in cooperation with the Gilford School District and the Gilford Community Church." Learn more about them on Tuesday, or visit http://www.gilfordgotlunch.com/.

Attendees are encouraged to bring a canned good donation for the Gilford Got Lunch Program. A donation box will also be present beside the Circulation Desk for the remainder of the summer. A list of recommended donations is available at the circulation desk. Please support this hard-working program that fights childhood hunger here in Gilford!

Classes & Special Events May 18 to May 24

Thursday, May 18 Music and Movement, 10:30-11:30 a.m. Magic the Gather-

ing Club, 2:30-3:30 p.m. Conversational French, 3:30-4:30 p.m.

GILFORD POLICE LOG

The Gilford Police May 5. Department responded to 417 calls for service from Plymouth was takand made the follow- en into protective cusing arrests from May 1-14. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld. Krystal Crowley, age 19, of New Durham was arrested on Mav 4 on two counts of Unlawful Possession of Alcohol and Public Intoxication. A 16-year-old juvenile was arrested on May 5 for Resisting Arrest or Detention and two counts of Simple Assault; Physical Contact or Bodily Injury. A 44-year-old female from Gilford was taken into protective custody for intoxication on

Friday, May 19 Baby Storytime, 10-10:30 a.m.

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

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

Early Release Game Day, 3:30-4:30 p.m.

Come to the library during early release to play some modern board games! Fifth-12th grade.

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

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

Monday, May 22 Mahjong, 12:30-3

p.m. Lego Club, 3:30-4:30 p.m.

Tuesday, May 23

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

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

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

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

Makerspace: Art Adventures, 3:15-4:15 p.m. Join us for this three-week art program. We'll do individual and group projects with a variety of media. Ages eight to 11; space is limited, so sign up early!

A Place at the Table, 5:30-7:30 p.m.

Join us for a special presentation and screening of the film "A Place at the Table" and learn what you can

do to fight food scarcity in your own community. A partnership with the Gilford Got Lunch program, this evening will draw attention to ways to fight childhood hunger here in Gilford. Please bring a nonperishable food item. A list of recommended items is available at the Circulation Desk.

Nightly Knitting, 6-8 p.m.

Wednesday, May 24 Line Dancing, 9-10:30 a.m.

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

Elementary Early Release Nature Detectives, 1:30-3:30 p.m.

Join Wendy Oellers as we hike through the woods on a scavenger hunt in search of signs of spring! Space is limited so sign up early, and be sure to fill out your release form.

Grades K - 4.

CPR Class with Cassidy Clairmont, 3:30-6 p.m.

CPR is an essential, life-saving skill - here's your chance to learn! Instructor Cassidy Clairmont will teach a class on CPR basics. Class tuition includes training booklet and certification card (mailed after completion of program). Cost is \$20 per person, payment due at time of registration.

smaller than \$1,000; Possession of a Controlled Drug; Possession of Marijuana; and Willful





Friends and **)ee**

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. Fve only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."



they are with drugs and alcohol.

Confidential 24 hour 211

The Law **Furnishing or supplying** alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12

months in jail. Buying or supplying tobacco to anyone under 18 is also a punishable offense

If there is alcohol at a party, LEAVE.

Peers Children often think that other people their age are drinking and smoking regularly, but most are not.

drugfree

tody for intoxication on May 5.

A 27-year-old female

Chad R. Belleville, age 34, of Center Barnstead was arrested on May 6 for Suspension of a Vehicle Registration, Driving After Revocation or Suspension, and an Unofficial Inspection/Registration Decal. Sonya K. Spooner, age 38, no current legal address, was arrested during the same traffic stop on two counts of Possession of a Controlled Drug; one count of sale of a Controlled Drug; and Breach of Bail.

William Vanderhoef III, age 32, of Gilford was arrested on May 6 for Theft By Unauthorized Taking in an amount

Concealment.

Alberina Dreshaj, age 20, of Laconia was arrested on May 7 for Possession of Marijuana.

Julio Mendez, age 41, of Revere, Mass. was arrested on May 13 for Driving While Intoxicated and an Open Container violation.

Jennifer L. Medici. age 36, of Gilford was arrested on May 13 for Driving While Intoxicated.

Mariah A. Vetrone. age 25, of Manchester was arrested on May 14 for Driving After Revocation or Suspension (second offense), Disobeying an Officer, and in connection with an outstanding bench warrant.



if you only had the time, right? Now you do. 3-12 MONTH assignments now available.

Peace Corps now offers short-term Volunteer assignments overseas for 3 months to 1 year for especially skilled professionals with at least 10 years experience.



peacecorps.gov/response

Increased programming, upcoming events among LRPA highlights

BY ERIN PLUMMER

eplummer@salmonpress.com

Staff and volunteers at Lakes Region Public Access have been working hard to broadcast events around the community with the community providing much content, according the station director.

Last Wednesday, LRPA Director Grace McNamara gave a regular update to the Gilford board of selectmen on LRPA's programming and progress.

The station broadcasts 45 shows across three MetroCast channels, four additional shows from last year. LRPA also airs a simulcast from Channel 25 on its website lrpa.org.

More than 71 percent of their programming is from independent producers, which Mc-Namara said they pride themselves on.

"That really is the mission of public access; people can give us their content and we get them out over the air," Mc-Namara said.

McNamara said nearly 30 percent of their programming is local meetings by municipal and school boards and committees. She said LRPA also has a contract with Belknap County to tape all of its meetings. They have taped more

than 37 hours of county meetings, including 11 sessions of the County Commission, eight meetings by the delegation, and two executive committee meetings. McNamara said some of these meetings ran over five hours.

They have aired 41 special events over the past year with more coming.

McNamara said the Greater Lakes Region

Laconia Boy Scout Troop 68 receives special random act of kindness

LACONIA — Laconia Boy Scout Troop 68, led by Tara Shore, has been planning an incredible learning adventure for the troop.

In August, 2017, the troop will travel to Florida, where they will canoe to an island and spend three days honing their survival skills. Catching and cooking fish will be a large part of the training exercise and native fish like Mahi will hopefully be on their outdoor experience menu.

Shore decided to seek out a local restaurant that might have Mahi on the menu and ask them to give a quick lesson to the troop on how to prepare and cook the fish. Shore saw that T-BONES had Mahi on the menu and spoke with **T-BONES** Manager Josh Lemire about this unusual request. Not only did Lemire step up to help the troop, he arranged for a trip to the Great NH Restaurants fish purveyor, North Coast, where



Laconia Boy Scout Troop 68, led by Tara Shore, has been planning an incredible learning adventure for the troop. In August, 2017, the troop will travel to Florida, where they will canoe to an island and spend three days honing their survival skills. Catching and cooking fish will be a large part of the training exercise and native fish like Mahi will hopefully be on their outdoor experience menu.

it to the next level. I that would introduce called Gary McCarthy at North Coast, he immediately jumped on board to help," states Josh Lemire.

Great NH Restaurants empowers their staff to be active members of the community, and that means having the ability to make a difference when they see a need. Lemire saw this opportunity to not just show the troop members how to cut fish, but take them on a learning adventure them to the restaurant and hospitality industry.

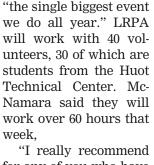
On April 26, Boy Scout Troop 68 made the trip to Boston.

"The boys and leaders are eternally grateful for the support and kindness of T-BONES with their help to make this trip an experience to remember for a lifetime," states Shore.

Great NH Restaurants is the parent company of five T-BONES Great American Eatery loca-

tions: Bedford, Salem, Hudson, Derry and Laconia, two Cactus Jack's Great West Grill locations: Laconia and Manchester, the Copper Door Restaurant in Bedford, and T-BONES Meats, Sweets and Catering in Manchester. For more information, visit www.T-BONES.com.

TRACIE CORBETT



Children's Auction is

for any of you who have never seen a live television broadcast going on you should come on over this year and watch it," McNamara said. "It's really quite something."

They have also aired the Gilford Candlelight Stroll, the Lakes Region Leprechaun Leap road race in Belmont, and the Meredith and Belmont town meetings. They planned to record Thompson-Ames Historical Society programs and a program on antiquarian book appraisals at the Laconia Public Library by Ken Gloss of "Antiques Roadshow." In the coming months, they will also be airing graduations and programming from Bike Week.

The Gilford Public Library also has a show on LRPA. Librarian Mark Thompson will tape presentations after receiving permission from the speakers. The show airs Mondays at 6 p.m. and Thursdays at 9 a.m. and 11 p.m.

LRPA worked with two interns from the Huot Tech from Gilford High School: seniors Dustin Young and Brian Hogan.

"They both did a tremendous job, and we were very excited to have them with us this past semester," Mc-Namara said.

LRPA used to have three permanent part time employees, though ne moved to another opportunity in March and that position will not be refilled. They will use the cost savings from that loss of a position for updates to equipment, software, and hardware.

McNamara said they greatly appreciate the support they have received from the municipalities they serve.



(603) 584-2886 PHONE



Pet of the Week: Roxanne



OPTIMISTIC and alert, accepting her life at the New Hampshire Humane Society; this is Roxanne, Staffordshire Terrier aged just two years old.

Roxanne has never actually enjoyed the comforts of home, she came from New Jersey, and travelled to New Hampshire. Roxanne had been living at a sister shelter in the Granite State, and perhaps that well documented, ugly and true concept of the "Black Dog Syndrome' is at play, there was no interest from the adopting public. So, she came to us in the hopes a new location might help her find a forever home. Roxanne does have some requirements,

she must be the only dog in your household, and would do best living with adults, since she has had zero experience with children. We would love to find a committed, permanent home for her with savvy dog owners who are energetic, great pack leaders, understand the exercise needs of this sturdy girl, but can give her a secure, safe environment to blossom. Perhaps watching that Netflix documentary-The Champions – would be

Strategies for Living

BY LARRY SCOTT

Dr. William Lane Craig, in his book, "On Guard," tells his personal story, one that seems to summarize much of what I have been attempting to highlight in this column.

Raised in a fine although non-Christian home, while still a teen-ager, he began questioning his place and purpose in life. To find an answer he began attending a large church but soon discovered that that fellowship was little more than a social club. Although claiming to be Christians, he found they were living by standards far lower than his own, pretending to be something they were not. On one really "bad hair day," he walked into German class and sat behind a girl that always seemed to be so happy. impulse, On he tapped her on the

shoulder and growled, "Sandy, what are you always so happy about anyway?"

OPINION

I will let him tell "the rest of the story."

"Well, Bill," she said, "it's because I'm saved!" I was stunned. I had

never heard language like this before. "You're what?" I de-

manded. "I know Jesus Christ as my personal Savior," she explained.

"I go to church," I said lamely.

"But that's not enough, Bill," she said. "You've got to have Him really living in your heart."

That was the limit! "What would He

want to do a thing like that for:" I demanded. "Because He loves you, Bill."

That hit me like a ton of bricks. Here I was, so filled with anger and hate, and she said there was someone who really loved

me the most agonizing period of soul-searching that I've ever been through. I got a New Testament and read it from cover to cover. And as I did, I was absolutely captivated by the person of Jesus of Nazareth. Meanwhile, San-... dy introduced me to other Christian students. ... They were living life on a plane of reality that I didn't even dream existed, and it imparted a deep meaning and joy to their lives, which I craved. ... My spiritual search went on for the next six months. ... Finally, I just came to the end of my rope and cried out to God. I cried out all the anger and bitterness that had built up inside me, and at the same time I felt this tremendous infusion of joy. That moment changed my whole life" ("On Guard," Chapter 2).

me. ... That began for

So dramatic was the change that came to his life he has since become one of the great defenders of the Christian faith. There is, indeed, something real to Biblical Christianity. Those fundamental issues of life - our origin, our purpose, our morality and our destiny – all find their fulfillment in the fact of God's existence and in a surrender to His authority. Far from being an "insurance policy" against the possibility of hell, we have discovered a quality of life, peace of mind, new strength to face our bad days, and a reason for keeping on that we have been unable to find in any other way. And, as if that were not enough, there is a heaven in our future ... and we can hardly wait!

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

FROM OUR READERS

"Thanks for your Service"

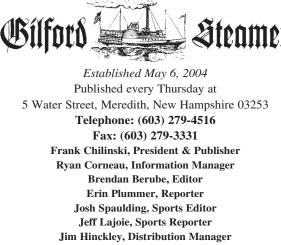
To the Editor:

These words of are heard every day as Americans express their appreciation for the service and sacrifices made by veterans as they protect our freedoms and way of life from America's overseas enemies. Veterans, for their part, appreciate hearing "thanks for your service." This simple, heartfelt phrase can also be expressed in a more tangible way by helping fund local, grassroots veterans support programs. These programs, frequently established by older veterans for younger vets, help ease the transition when vets return from multiple overseas deployments suffering the lingering emotional and physical effects of PTSD, Traumatic Brain Injury, addictive behaviors, loss of limbs and other visible to present our monthly in-residence sessions at no cost to the veterans who apply to attend. Here are some ways you can make a difference.

1. Join us on May 27 at 7 p.m. at the Interlakes High School Auditorium in Meredith for a benefit concert featuring tribute artist Jay Gates. All ticket sales will go directly to Camp Resilience and are available from the sponsoring organization with whom we are partnering, the We Care Committee of Laconia's Temple B'nai Israel. The Temple Committee chooses two local non-profits to help each year and chose Camp Resilience as one of their beneficiaries for 2017. This concert is being funded by generous donations from the Meredith Village Savings Bank and Golden View Healthcare of Meredith. Backed by a live band, Jay Gates will transform himself through makeup, wardrobe and vocal talent into two musical icons, Rod Stewart and Barry Manilow, as he performs their top hits. Tickets are available at www.tbinh.org. Your ticket price includes delicious refreshments served during intermission of this toe-tapping performance. 2. Purchase an ad in the Camp Resilience Honors Booklet which will be handed out to all concert attendees as well as placed on the Camp Resilience website, www.prli.us. Businesses may purchase ads at the \$100 Patron Level, the \$250 half page Silver Level or the \$500 full page Gold Level. You can promote your business while supporting a very worthy charity; Camp Resilience. Contact Don at 293-0276 or Mordonsan@aol.com for ad specs and details. Time is of the essence due to printing schedules so call or e-mail now!

a good homework assignment for those who are interested.

Check www.nhhumane.org for more details.



Email: brendan@salmonpress.news <u>Classifieds</u>: classifieds@salmonpress.news

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and invisible wounds.

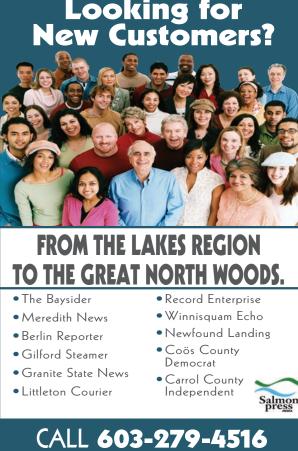
Camp Resilience is one local non-profit group offering that post-deployment/post-service support. We are comprised of all volunteers; we have no paid staff and rely on donations to fund our programs for vets. Our motto is "Helping those who served bounce back in mind, body and spirit". We need your financial help to continue

Send us your letters! We seek your input! Tax rate got you down? Glen-

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: Gilford Steamer 5 Water Street • Meredith, NH, 03253

Our fax number is 279 3331. E-mail us at steamer@salmonpress.com. We're looking forward to hearing from you!

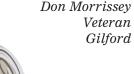


TO PLACE YOUR AD TODAY!

3. Remember a veteran from your family or friends with a two-three line remembrance in the same Honors Booklet. Entries are just \$10 per name and should consist of the veteran's name, branch of service and any details about his or her military specialty. If your veteran is deceased, please indicate your remembrance is "In Memory of..." and if your veteran is living, "In Honor of..." There is no limit on how many veterans you can honor this Memorial Day Weekend at \$10 per entry. Be sure to include any concluding supportive or loving message of your own about your vet's service. Entries and payment may be made via the Camp Resilience website; www.prli. us. Honors Booklet.

4. Simply make a donation to Camp Resilience through our website, www.prli.us. Donations are tax deductible.

What better way to honor and say to a veteran "Thanks for your Service" this Memorial Day Weekend then by supporting Camp Resilience for veterans throughout New England. Thank you.





NORTH COUNTRY NOTEBOOK Ice, ice, it's everywhere, just what you need for a drink



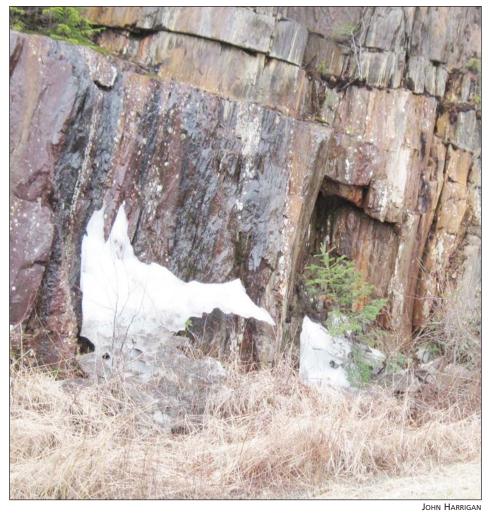
By JOHN HARRIGAN COLUMNIST

Editor's note: Mr. Harrigan was unable to submit a new column *in time to meet our press* deadline for this week's edition. The following North Country Notebook column was originally published in May of last year.

I was just beginning a wonderful circular

drive around the North Country this past Wednesday when, at the western approach to Dixville Notch, I came across a chunk of ice. "Across" is probably the wrong word, because this fragment of glacier was not in the road, but instead clinging tenaciously to a small cliff, like a limpet mine on the hull of a ship.

For some reason, this reminded me of an oft-repeated statement by Warren Pearson, longtime skimeister at New Hampshire's northernmost ski area, The Wilderness, near where I encountered the ice. One of his frustrations was how to get the word out to skiers down south that long after most other ski areas had shut down for the season, The Wilder-



MARK ON THE MARKETS NYSE visit



BY MARK PATTERSON

A week or so ago I had the privilege, for the second time, to visit the floor of the New York Stock Exchange during the trading day. The first time I was there around 1998 when I traveled with a class of investment management students from the Gabelli school of business at Roger Williams University, when I was an adjunct professor. I was able to get my whole class on the floor of the exchange because of an institutional firm in midtown Manhattan where I worked. One of the partners in the firm owned seat on the exchange and was able to offer an unforgettable experience to my class. Many people, often confuse the intensity and noise of the commodity trading pits at the CBOT or the New York Mercantile exchange, with the NYSE. While much of that has gone electronic, there is still short periods of time when the "pits" are very active. Having been a commodity trading advisor in the past, I was fortunate to be able to visit and direct trades at those markets as well.

Dan Ackroyd, stated in the movie "trading places," that the commodity pits, specifically the New York Mercantile was the "last bastion of capitalism." What it is, is a high intensity auction for commodity contracts.

The New York Stock Exchange is much more sedate, partly because it is open from 9:30 a.m. Eastern time until 4 p.m. There is a specialist firm that maintains a fair and orderly market for the companies that they represent.

The news agency,

electronically funneled through an intermediary where the stock is them purchased or sold.

March 2011, I was on the floor of the Chicago Board of trade. My main interest was the S&P 500 pit and the bond pit. Most trading in those pits are done by the big banks. Goldman Sachs, J.P. Morgan and a handful of what are called "locals" who are smaller companies many times trading for their own accounts.

I am fortunate to have been able to visit and CNBC, now broadcasts work with the various from the floor of the ex- exchanges. This is where the sausage is made. In other words, your investments originate from these exchanges, and it is my attempt to use these exchanges as an investment advisor to create my clients' portfolios with custom-built, specifically designed, cost efficient portfolios to fit my client's needs and objectives.

ness still had plenty of snow. "It's hard to con-Mountain. You reached vince people mowing it via Carter Dome, a

their lawns in Boston that we still have plenty of snow," was his succinct way of putting it. Warren had the clipped accent of western Maine, not the better known Downeast drawl, and didn't mince words.

Further east, over the lip of the notch and coasting down into the Androscoggin drainage toward Maine, there was still plenty more snow and ice in the rubble of rock on the floor of the notch, where the sun hardly shines at all.

Not that this is the only place snow and ice can still be found in northern or high-country New Hampshire. There are plenty of places, in plenty of climes, where relics of winter will hang on well into early June, and still other places that will linger longer.

evening rise, for instance, and need your cooler and ice for the boat (wink, nudge), you can scamper down below the dam and put your other spoilables on a nice little glacier of compacted snow.

Boundary, by the way, in times of yore known as Mountain Pond, is the pond on which famed local pilot Harry Scott vowed to land his float plane (and of course take off again) but waited nearly a lifetime for the right conditions to do it.

This is a pond where the Canadian northwesterlies blow fiercely most of the time, having attained awesome speed crossing the mostly open and flat countryside of the Eastern Townships of southern Quebec. They then smash into the remnants of the Appalachian Mountains that form the boundary, and crash up and over, of course, Boundary Pond.

Harry tried to land there several times, but always aborted in a sort of "touch and go" decision because he feared cracking up either on the way in or trying to get out. "But one day," he whistled, "I happened to hit it just right," and down he went, and after enjoying a pontoon ride around the pond a couple of times just to add emphasis and flirt with disaster, off he went again. Harry always began his sentences with a barely discernable whistle.

One time Dave Cook and I were under the dim confines of a big spruce tree there at having Boundary, been blown ashore by the usual tempest, and gradually our pupils dilated so that we could perceive the outlines of another creature under there, and it became Harry, seeking the same shelter. "Hello, boys," he said with a little whistle, just as if we were encountering each other in downtown Colebrook. One hot summer SEE NOTEBOOK PAGE A16

ing at a rock face west of Dixville Notch, where the rays of the climbing sun will ultimately shoot it down. situated in a high valley tucked behind Wildcat

This flying goose hunk of ice was more like an octopus, clutch-

lightning-prone bald pate of glacier-scraped bedrock featuring a heart-stopping descent to a convivial supper and a warm bunk for the night. There is an ice-cave

> there just beyond the hut, aligned in such a way that the snow packs in there, driven by the fierce northwest winds, but the sun barely penetrates even on the longest days of summer. And back in there, as the cave's mini-glacier slowly recedes, hikers and hut-keepers alike

change right in front of the balcony where they ring the closing bell. Nineteen years ago, when I was there last, they had a small studio on the surrounding walkway adjacent to the balcony where the market is open and closed.

My hope is that the exchanges survive the world of technology and electronic trading. Not only for nostalgic reasons, but to still maintain a central location that is responsible for the oversight of the companies that are traded on their exchange.

Most business transacted at the NYSE is institutional, meaning that the ETF's and mutual funds are the primary customers. You or I buying a hundred shares of Apple or GE is done through the broker, in my client's case, TD Ameritrade institutional, and then

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

During my hiking days, when I knew many of the Appalachian Mountain Club's hut crews on a firstname basis, one of my favorite destinations was Carter Notch Hut,

keep stuff that'll spoil or they just want kept cool---butter, milk, and of course beer.

At Pittsburg's Boundary Pond, at 2,335 feet one of the state's highest ponds reachable (almost) by road, a famous deposit of snow and ice can usually be found southeast of the dam, well into high summer and sometimes beyond. Generations of people who've fished there have known about it, for good reason. If you plan to cook before the





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Obituaries

James Robert Coy, 70

James Robert Coy, 70, of Harris Shore Road died on Monday, May 8, 2017, at home surrounded by his family, after fighting a heroic two year battle with cancer.

Jim was born on July 24, 1946 in Lowell, Mass., the son of the late Mary (Brown) and

the late Fred Coy. Jim served a tour in Vietnam as a Marine. In 1986, Jim and his wife moved from Massachusetts to Gilford, where he continued his 30 year career in the automotive business, as a Sales Manager working first for Skip King's and later for Lakes Region Jeep/ Eagle.

Jim's favorite pastimes in retirement were boating, gardencribbage, poker ing. spending time and with family. A special thanks to our friends for the wonderful hours of cribbage played with Jim on the



beach. Your friendships meant so much to him.

Jim is survived by his wife, Janis, of 43 years; a daughter; a grandson; three sisters and their husbands (Christine & Gary Haywood of Tewksbury, Mass., Gail & Ken Roberts of Naples, Maine, and Linda & Greg Roberts of Dracut, Mass.); and too many wonderful nieces and nephews to name. Thank you all for your love and attention during this difficult time.

memorial ser-Α vice will be held at 2 p.m. on Sunday, May 21, 2017 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

In lieu of flowers, donations may be made to Lakes Region Hospital, Anderson-Ganong Oncology Department, 80 Highland St., Laconia, NH 03246.

Jim's family would like to extend their deepest gratitude to Doctor Catcher, Tonya Perrino, the Nurses and all the staff who took such amazing care of him. You made an unbearable situation. . .bearable.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane. com.

Barbara S. Morgenstern of Gilford, formerly of McLean, Va. and Lexington, Mass., passed away on May 9,

expectedly. Born Oct. 14, 1933, she is survived by her husband of 62 years, John C. Morgenstern.

2017 suddenly and un-

She worked tirelessly to improve the lives of everyone she encountered. She often said she tried to impact the lives of others, one person at a time.

She is survived by her sons, Jeffrey D. & wife Roberta of Wellesley, Mass. and Daniel C. of Tempe, Az. and her adoring grandchildren, Ariel, Anpao, Chelsea, Leah and Max.

Barbara S. Morgenstern, 83

She was predeceased by her son, Andrew S. of Eugene, Ore., and grandson Stephen.

Services were held 11 a.m. Friday, May 12 at Temple B'nai Israel in Laconia. Shiva was held at 74 Terrace Hill

Rd., Gilford, on Saturday, May 13 from 5:30 – 8 p.m. and Sunday from 1 – 4 p.m.

In lieu of flowers, donations in Barbara's memory may be made to Temple B'nai Israel, 210 Court St., Laconia, NH 03246 www.tbinh.org; Make-A-Wish www.wish.org; or The Winnipesaukee Playhouse www.winniplayhouse.org. For guest book, please visit www.lehmanreen.com.

Justine Doris Outwater White, 91

Justine Doris Outwater White died peacefully on May 7, 2017, after a long period of health challenges. She was 91.

Justine was born July 10, 1925, in Poughkeepsie, N.Y., the third of four children of Frederick Barton Outwater and Lavenia Cole Outwater. During her teens and early 20s, Justine served as a telephone operator and recalled patching

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phone calls through to the Roosevelt family when they were in residence at their Hyde Park estate during World War II.

Justine married Robert D. White, a Naval veteran and proud Eagle Scout, on Dec. 31, 1948. After a brief time in Concord, Jussy and Bob chose Gilford as the ideal place to raise their young daughter, Kelley. There, Justine loved the beautiful country, lakes, forests, and mountains. The couple were long active in the town serving in a variety of roles within the town government and were members of the Gilford volunteer fire department and auxiliary and the Gilford Outing Club during its heyday. Justine especially loved her work as library aide at Gilford Middle High School, where she served for fifteen years beginning with the school's opening in 1974. She had a life-long concern for social equality and was among the early members of the Lakes Region Human Rights Council. Justine was predeceased in 1999 by her husband of 50 years, Robert D. White, and by her parents; two older sisters, Jean Patterson and Joyce Jiudice; and a younger brother, James Outwater.

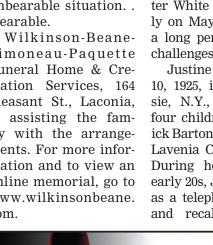
She is survived by a daughter, Dr. Kelley Jean White of Laconia; grandchildren three (Caitlin Elizabeth Low of Los Angeles, James Henry Low of Mission Viejo, Calif., and Jennifer Justine Low and husband Sean Williams of Philadelphia); by a beautiful great-granddaughter, Evelyn Jane Williams; by her neighbor and friend of 60 years, Sally Rowe of Gilford; and many additional muchloved friends and family members.

During their daughter's medical school years in Boston, Justine and Robert made the decision to donate their bodies for anatomical studies. At her request, no funeral service is planned. A small family gathering will take place at burial of her remains in the family plot in Pine Grove cemetery in Gilford at a later date.

Justine wished that in lieu of flowers donations be made to the Gilford Middle High School library, 88 Alvah Wilson Rd., Gilford NH 03249.

She also wished that we mend broken relationships among family and neighbors, both nearby and throughout the world, embracing all regardless of gender, race, religion, sexual orientation, or national origin. Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.





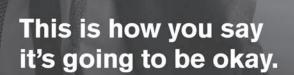


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Lakes Region Community College hosts 48th Commencement

GILFORD — Lakes lows: Region Community College held its 48th annual Commencement Ceremony Saturday, May 12 at the Bank of New Hampshire Pavilion in Gilford. One hundred sixty students graduated from the College.

Two students shared the valedictorian distinction this year, Jessica Coutu, Graphic (Belmont) and Arts Ashley Longmuir, Early Childhood Education (Tamworth). Coutu gave the valedictorian address, sharing her personal story of what her education at LRCC has meant to her and her family.

The Student of the Year award was presented to Electrical Systems Installation and Maintenance student Bradford Bishop (Dover), a high honors student and member of Phi Theta Kappa International Honor Society. The award recognizes service to the college and the community. John Connell, Ph.D., Fire Technologies department chair, was selected as Teach of the Year. Dr. Connell is also the longest serving faculty member. The 48th Commencement exercises served as a kick-off to the College's 50th anniversary year-long celebration.

A listing of LRCC graduates by major fol-

Christopher S. Beauregard Accounting, A.S.

Patricia Belhumeur Accounting, A.S.

Stephanie Dodge Accounting, A.S.

Jill Erin Mahan Accounting, A.S.

Roberta L. Nelson Accounting, A.S.

Meghan B. Stafford* Accounting, A.S. Donna S. Tourigny*

Accounting, A.S. Phillip David Pearce

Jones Advanced Manufacturing, A.S.

Edward Wayne Kenney Advanced Manufacturing, A.S.

Gage Williame G. Baker Automotive Technologies, A.A.S.

Joseph David Belanger Automotive Technologies, A.A.S.

Timothy J. Bialous Π Automotive Technologies, A.A.S.

Zachary T. Buskey Automotive Technologies, A.A.S.

Alyssa M. Demers Automotive Technologies, A.A.S.

Robert M. Drew Automotive Technologies, A.A.S.

Axl D. Errington Automotive Technologies, A.A.S.

Christopher J. HarringtonAutomotive Technologies, A.A.S. Scott Edward Har-

ringtonAutomotive Technologies, A.A.S. Bryce James Keaton

Automotive Technologies, A.A.S.

Colby-Sawyer celebrates 2017

Cody Lloyd Lank Automotive Technologies, A.A.S. Garrett L. Mayo*

Automotive Technologies, A.A.S. Derek J. Morrissette

Automotive Technologies, A.A.S.

Samuel A. Ouellette* Automotive Technologies, A.A.S.

Alexander L. Rice Automotive Technologies, A.A.S.

Alex C. Tardiff* Automotive Technologies, A.A.S.

Zoe Jade Alcantara Business Management, A.S.

Ashley Kayla Annese Business Management, A.S.

Roxanne Rae Bene-Business Mandict agement, A.S.

Stephanie Dodge **Business Management**, A.S.

Cullen D. Downing **Business Management**, A.S.

Dominic J. P. Foster **Business Management**, A.S.

Megan Lynn Hammond Business Management, A.S.

Amy I. LeMien **Business Management**, A.S.

Jennifer Maxine Lively Business Management, A.S. Jill Erin Mahan

Business Management, A.S.

Brittany Lee Mahoney Business Management, A.S.

Jackson Thomas Busi-Musgrave ness Management, A.S. Spencer Alan Pick-

ering Business Management, A.S.

Jenna May Thompson Business Management. A.S. Samantha Lynn Winer Business Management, A.S. Nicholas Charles Com-Burleigh puter Technologies, A.S.

Culinary Arts, A.S. Caitlyn G. Dunham Culinary Arts, A.S. Carolina Ansaldo

Early Childhood Education. A.S. Karissa Asia Bony

Early Childhood Education. A.S.

Brandon A. Currier Early Childhood Education, A.S.

Daryll Roberta Ellis Early Childhood Education, A.S.

Ashley Marie Longmuir* Early Childhood Education, A.S.

Bethanv Suzanne Loving Early Childhood Education, A.S. Meagan Judith Ann

McCarthy Early Childhood Education, A.S.

Chelsea Lee Mer-Earlv rill* Childhood Education, A.S. Stacia Ann Michale-

wicz Early Childhood Education, A.S. Marissa Kai Parent

Early Childhood Education, A.S. Danielle M. Rivera*

Early Childhood Education, A.S. Nikole L. Rouille

Early Childhood Education, A.S. Jillian M. Towle

Early Childhood Education, A.S.

Abby Leigh Weismantel Early Childhood Education, A.S. Sarah L. Wilkens* Early Childhood Edu-

cation, A.S. Jacob S. Piaseczny

Electrical Power and Control Technologies, A.A.S.

Cedar Robert Allen Electrical Systems Installation and Maintenance, A.A.S.

Griffin B. Bastian Electrical Systems Installation and Mainte-

Maintenance, A.A.S. Tucker Heath Normand Electrical Systems Installation and Maintenance, A.A.S. Christian Carl Welch Electrical Sys-

tems Installation and Maintenance, A.A.S. John B. Dillon

Fire Protection, A.S. Joshua J. Olszewski* Fire Protection, A.S.

Daniel S. Andrews Fire Science, A.S. Terrence P. Bedell II Fire Science, A.S. Nicholas K. Berube Fire Science, A.S. **Brandon Bisson** Fire Science, A.S. John A. Bowler Fire Science, A.S. Curtis R. Buxton

Fire Science, A.S. Jonathan A. Camire Fire Science, A.S.

Craig A. Cartier Fire Science, A.S. Travis James Clark Fire Science, A.S.

Matthew Edward Cook Fire Science, A.S.

Keith J. Culligan Fire Science, A.S. Bryan J. Fenn Fire Science, A.S.

Curt J. Fitton Fire Science, A.S. Logan J. Hipes Fire Science, A.S.

Dalton O. Huestis* Fire Science, A.S.

Stephanie G. Lazott Fire Science, A.S. Patricia Ann Ma-

cIsaac Fire Science, A.S. Steven T. Maffee

Fire Science, A.S. Scott M. Magoon Jr. Fire Science, A.S. Dylan J. Martel Fire Science, A.S. Michael J. Mussey

Fire Science, A.S. Aiden Patrick Nursing, A.S. F i r e Farid Benzahra O'Brien

William D. Streeter Fire Science, A.S. Zacharey Kristopher Zins* Fire Science, A.S. Jessica Ann Coutu Graphic Arts, A.S. Sheila M. Farricy Graphic Arts, A.S. Erin C. Munroe Graphic Arts, A.S. Kimberly A. Newman* Graphic Arts, A.S. Angel M. Bean Human Services, A.S. Kristin Marie Blodgett Human Services, A.S. Alyssa M. Demers Human Services, A.S. Jill A. Dennis Human Services, A.S. Penny A. Emmons Human Services, A.S. Steven T. Farkas Human Services, A.S. Kathryn Hall Galla-Human Sergher vices, A.S. Rachel J. L'Italien Human Services, A.S. Crystal Marie Merchant Human Services, A.S. Margaret Rennie Human Services, A.S. Anthony Michael Adaschik Marine Technology, A.A.S. David James Gainer Marine Technology, A.A.S. William P. Gove Marine Technology, A.A.S. Nathan C. Parker Marine Technology, A.A.S. Douglas Everton Marine Stockwell Technology, A.A.S. Gabriel Vasquez-Bil-Media Arts and lin* Technology, A.S. Paul J. Allard* Nursing, A.S. Matthew S. Allen

Graduates

NEW LONDON On Saturday, May 6, Colby-Sawyer College celebrated its 179th Commencement, recognizing students and other individuals for academic excellence, outstanding contributions to society, and service to the college and community.

Thomas Bobotas of Gilford graduated with a B.S. in business administration.

David Sykie of Gilmanton graduated with a B.S. in health care management.

Sarah Veazey of Gilford graduated with a B.A. in history and political studies.

About **Colby-Sawyer College**

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in engaged teaching an and learning community that fosters students'

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academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, selfgrowth, creative and critical thinking, and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

Meaghan Briana Casey Computer Technologies, A.S.

Robert Wayne De-Meule Computer Technologies, A.S. Adam Cannon

Culinary Arts, A.S. Samantha D. Cole nance, A.A.S.

Bradford G. Bishop* Electrical Systems Installation and Maintenance, A.A.S.

Shawn Goggin Electrical Systems Installation and Maintenance, A.A.S.

David James Lake Electrical Systems Installation and Maintenance, A.A.S.

Nathan Leo Mulleavey Electrical Systems Installation and

PORTRAITS • WEDDINGS • SCENICS • EVENTS

Matthew Fassett 343 Main St.

Alton Bay, NH 03810

phone: 603-393-7336

email: matfassett@gmail.com

Science, A.S. Kyle O'Dowd Fire Science, A.S. Kevin J. Patterson Fire Science, A.S. Nicolas E. Preece* Fire Science, A.S. Anthony J. Roberts* Fire Science, A.S. Jason Rouleau Fire Science, A.S. Joseph J. Russo Fire Science, A.S. **Riley James Stanchi-**Fire Science, na A.S.

Nursing, A.S. Shea Kingston Black Nursing, A.S. Morgan W. Diehm Nursing, A.S. Kimberly Marie MacDonald Nursing, A.S. Jamie Anne Medeiros Nursing, A.S. Dansir C. Minster* Nursing, A.S. Sophia Emily Njaa* Nursing, A.S.

Sarah Yevonne Noi-SEE LRCC PAGE A17







Gilford Parks and Recreation news

BY HERB GREENE Director

Gilford Parks and Recreation

Senior Moment-um Bingo Day on May 22

The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um program on Monday, May 22. We will meet in the Gilford Community Church's Fellowship Hall at noon for a fun afternoon of bingo. Participants are encouraged to bring their lunch and the Parks and Recreation Department will provide coffee, tea and water as well as some fun bingo prizes. Participants are asked to RSVP by Friday, May 19.

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

Adult Spring Hiking Program continues on Tuesday mornings

The Gilford Parks and Recreation Department is sponsoring a series of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. These hikes continue on May 23 at Locke's Hill in Gilford. Participants will gather at 9 a.m. in the Gilford Town Hall before departing for the hike. All interested participants are asked to RSVP at least one day in advance to each trip. The cost of the hikes is \$1 per person, per hike.

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

inviting the Shooter's lesson programs for Gold Basketball Camp to come to Gilford this summer! The camp will be held in the Gilford Middle School Gym from June 26 - June 30. Session 1 for children entering grades one through four will be run from 8 – 10 a.m. Session 2 for children entering grades 5-8 will be run from 8 a.m. – noon. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation website at www. gilfordrec.com.

Cost: \$85 for Session I and \$130 for Session II

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

LEtGO YOUR MIND Robotics Camps

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

Cost: \$310

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

youth and adults ages five and up this summer on Mondays and Wednesdays from July 3 – Aug. 2. The Lakes Region Tennis Association will be sponsoring FREE lessons for children ages five to 14. Adult lessons for ages 15 and up will also be available at a cost of \$60 for the session. Session times will be broken up by age. All sessions have limited availability and registrations will be accepted on a first come

first served basis. Reg- by certified archery istration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com.

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

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

forms can be picked up at the Parks and Recreation office or can be found on the department website at www. gilfordrec.com. Priority will be given to Gilford Residents.

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

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

Lake Winnipesaukee Museum opening for the season

LACONIA — Lake lwhs.us Winnipesaukee has been a summer vacation destination for more than 200 years. Visit the Lake Winnipesaukee Museum and rediscover the lake's history and the reason it's such a popular summer vacation destination. Discover interesting and educational displays of historical photographs, artifacts and memorabilia which depict life on the lake. Beginning May 24, the Lake Winnipesaukee Museum will be open Wednesday through Saturday, 10 a.m.-4 p.m. The Lake Winnipe-

saukee Museum invites you to attend the following programs as part of their summer lecture series. These lectures which run throughout the summer focus on the history of New Hampshire and the lakes region and are done by local historians and resi-

a.m. - "The Shaker Leg- History," acy," featuring Darryl Hans Hug Thompson

Saturday June 3, 11 7 p.m. - "Underwater torcycle Week 1916- the Wednesday June 14,

Wednesday June 7, 7 p.m., "Laconia Mofeaturing Beginning," featuring Peddlar Bridges

SEE MUSEUM PAGE A17

County Corrections volunteers aid conservation

REGION - Volunteers from Belknap County Department of Corrections are making a difference in local conservation efforts. During the last year, volunteer details from Belknap County Jail helped repair the Wetland Walk trail at Gunstock, planted a stream buffer to reduce erosion and pollinators, support and recently prepared trees and shrubs to distribute to County residents.

"Volunteer details from Belknap County Corrections saved the day for the recent Conservation District iest time," said Donna ments of more than 50 Tree and Plant event. They more than filled the gap in April when key District team member fell and was



DOC volunteers Charles Sullivan, Matthew Robie and BCCD Associate Supervisor Dean La Plante.

Hepp, Belknap County Conservation District Chair.

unavailable at the bus- packaged large shipdifferent native and fruit trees, shrubs, aspargus and flowering plants and helped pre-SEE CORRECTIONS PAGE A17

Shooter's Gold Basketball Camp

The Gilford Parks Recreation Deand partment is once again **Tennis Programs** The Gilford Parks

mation on each individual lecture check and Recreation is ofout the full schedule fering six-week tennis on our website, www.

MEMÓRIAL

DAY

MAY 29, 2017

Please join us in honoring all the men and women who serve our country and remember those who have sacrificed

their lives to help this country stay

strong and secure.

On Thursday, May 25th The Plymouth Record Enterprise,

Winnisquam Echo, Meredith News, Cilfor d Steamer, and Newfound Landing will be saluting our troops with

a special Memorial Day page.

Double Business Card Blocks are \$50 each

dents. For more inforа

Corrections volunteers received and











Deadline is May 19th at 3pm. Please contact Brittany at 279-4516 or email brittany@salmonpress.news Or Maureen at 520-8510 or email maureen@salmonpress.com

Country music legends Alabama and Dwight Yoakam come to Gilford Sept. 9!

GILFORD — Bank of New Hampshire Pavilion is excited to announce the band that changed everything, Alabama, will make their first appearance in Gilford on Saturday, Sept. 9 with Dwight Yoakam. Tickets go on sale Friday, May 19 at 10 a.m., and range from \$29.75 to \$99.75. Get your tickets by calling the Box Office at 293-4700 or online at www. BankNHpavilion.com.

It's the kind of story you read about in books and watch on the big screen at the movies. For the band Alabama, it's not just a story; it's their life. It is a classic American

terlakes

tale of rags to riches. From humble beginnings picking cotton in the fields to international stars that went on to sell 73 million albums while changing the face and sound of country music.

It's been more than 40 years since Randy, Jeff and Teddy left the cotton farms of Fort Payne, Ala., to spend the summer playing in a Myrtle Beach, S.C. bar called The Bowery. Having grown up working in the fields, the cousins were no strangers to hard didn't work. They flinch when it took six long years of working for tips and living

hand to mouth playing in the bar. Word of mouth earned the major label deal they'd been dreaming of. In 1980, the band broke through with their first Top 20 hit, "My Home's In Alabama."

Quality songs that have become the soundtrack for American life are the foundation for Alabama's stellar career. They brought country music to the mainstream, and from side stage to the main stage. Alabama introduced rock style guitars, lights, pyrotechnics and sounds to the country audience. Bands benefitting from that breakthrough

SEE THEATRE PAGE A17

Band, Florida Georgia Line and Eli Young Band. They have also inspired many of today's brightest country stars including Kenny Chesney, Jason Aldean and Luke Bryan, as well as pop and rock stars from Ed Sheeran to Jon Bon Jovi.

As they have for more than 40 years, Alabama continues to "Roll On."

Dwight Yoakam

include Zac Brown joins Alabama for a board #1 albums, 12 night filled with true country and bluebrass. Yoakam, a singer-songwriter and actor, is most famous for his pioneering country music. Popular since the early 1980's, he has recorded more than 21 albums and compilations, charted more than thirty singles on the Billboard Hot Country Songs charts and sold more than 25 million records. He's Bill-

gold albums, and nine platinum albums, including his triple platinum "This Time." Not making much headway in Nashville with his hip honkytonk music, Yoakam moved to Los Angeles and worked towards bringing his particular brand of new Honkytonk or "Hillbilly" music (as he called it) forward into the 1980's.

The grass isn't al-SEE COUNTRY PAGE A17

recorded five **Gilford Community Band** rehearsals are in swing

The Gilford Community Band will be starting rehearsals for the 2017 Summer Concert Series on Tuesday, May 23, from 7 to 9 p.m. Rehearsals will continue on consecutive Tuesdays (excluding Independence Day) until Tuesday, Aug. 22. The rehearsals will be in the band room at Gilford High School. As in the past decade and more, Gilford H.S. Symphonic Band Director Lyvie Beyrent(she can't be that old) will be leading the musicians.

The Summer Concert Series will begin on Wednesday, July 5, with Lyvie's favorite patriotic theme of Martin Luther

speech. Subsequent performances will be on alternate Wednesdays on July 19, and on Aug. 2 and 16. These will be starting at 7 p.m. at the Weeks Bandstand in Gilford Village. To conclude the summer season, the Old Home Day festivities will start off on Saturday, Aug. 26, with the traditional morning parade and conclude with the evening's band extravaganza followed by the "1812 Overture" fireworks.

King's "I Have A Dream"

The community band is a group of dedicated and experienced/inexperienced musicians who volunteer their time and

effort to present contemporary and traditional music of all genre for the enjoyment of all. Band members range from Middle School age to senior citizens with a widerage of abilities. Some of the members have been with the band since the turn of this century.

All interested musicians, beginners included, are invited to participate in the rehearsals, and everyone is invited to listen to the "sound of music" on Wednesday evenings. Further information can be available from Lyvie Beyrent at lbeyrent@sau73.org. or in future "Gilford Steamer" news articles.

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Upcoming art show captures the beauty of the Lakes Region

Children's a place for teens and

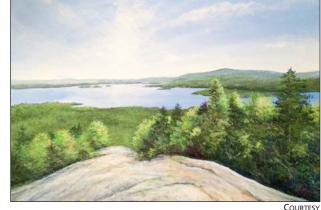
Children's Theatre teaches

skills for both the stage and life

MEREDITH — In- Theatre (ILCT) offers tweens to participate

TILTON — Local artists catch the splendor and charm of the Lakes Region in a new art show and sale at the Lakes Region Art Association Art Gallery, located in the Tanger Outlets, 120 Laconia Rd., Suite 132 in Tilton. Starting with an opening reception on Thursday, May 25, from 5 to 7 p.m., the "Around the Lakes" Art Show and Sale will continue through July 17. Celebrating the beauty and magic of Central New Hampshire, this show features original works of art by Lakes Region artists.

From lake scenes and mountain vistas to forest



Local artists catch the splendor and charm of the Lakes Region in a new art show and sale at the Lakes Region Art Association Art Gallery, located in the Tanger Outlets, 120 Laconia Rd., Suite 132 in Tilton.



hiking trails and New England architecture, the "Around the Lakes" Art Show sfeatures paintings and photographs from every corner of the region. Views from atop Mt. Major, barns in Canterbury, to beautiful panoramic paintings of Winnipesaukee, Lake Lake Winnisquam, and Lake Opechee are just a few of the scenes represented at the show. Featured artists include Robert Emory, Meredith; G. Edward Hudson, Canterbury; Gisela Langsten, Gilford; Beverly Shanley, Gilford, BJ Eckardt, Belmont; Scott Hayes, Hebron; Gerard Paquette, Northfield; Gerri Harvey, Gilford; and others.

The Lakes Region Art Association, founded in 1940, is a non-profit group providing education and support to local artists, both amateur and professional, in the Lakes Region. The Gallery represents over 29 artists and photographers from the Lakes Region. On display and for sale are over 100 original works in oils, watercolors, pastels, acrylics, photography and more.

The "Around the Lakes" Art Show and Sale is presented by the Bank of New Hampshire. The Reception and Show are free and open to the public. The Gallery is open Thursdays through Mondays, 10 a.m. to 6 p.m. For more information, visit www. lraanh.org

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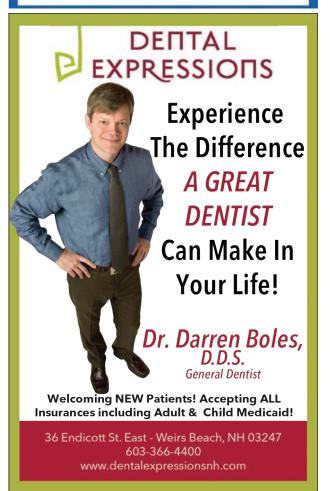
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Scriven Arts Colony announces upcoming events

GILMANTON — The Scriven Arts Colony launched in 2015 to host poetry readings, film screenings, and more in a circa 1790 barn in Gilmanton.

Season Three at the Colony will feature five events, and this year-here's a new twist--we'll be offering a free yoga class every Saturday morning at 9 a.m. Classes will begin May 13. A description of all the events is below.

We're online at scrivenartscolony.com. Please like Scriven Arts Colony on Facebook to stay updated.

June 30, 7:30 p.m. Talk with radio host Sam Evans-Brown After the Internet blossomed in the late 1990s,

the American newspaper all but died, and it

was rumored that radio would likewise fade to oblivion. Instead, the medium reinvented itself, delivering a bevy of new shows spanning the breadth of what "radio" can be. Gilmanton Iron Works native Sam Evans-Brown is host of one such show, "Outside/ In," which airs weekly on New Hampshire Public Radio, exploring the natural world and how

we use it. He'll talk about how radio's renaissance is playing out at NHPR, and about how he conceived his show and what he hopes it can become.

July 8, 7:30 p.m. **Documentary film:** "Democracy Through the Looking Glass"

A new documentary by Kevin Bowe, "Democracy Through the Look-

Lakes Region Chamber celebrates opening of Modern Woodmen Franklin office

FRANKLIN — The Lakes Region Chamber of Commerce is pleased to announce the opening of Modern Woodmen of America's new Franklin Office at 419 Central St., operated by Sheryl Duford, Financial Representative.

Modern Woodman of America Franklin Office serves members, their families, and residents in and around the Franklin area. A unique combination of business and volunteerism, the non-profit organization offers life insurance, annuity and investment products, along with fraternal member benefits for their families and their communities.

Founded in 1883, the organization was named in honor of pioneering woodmen that cleared forests to build homes and communities and provide security for their families. Modern Woodmen of America was created to clear away family financial difficulties. While its founding



Financial Representative, Sheryl Duford (center), proudly cut the Grand Opening ribbon at Modern Woodmen's new office in Franklin with support from Lakes Region Chamber, City of Franklin officials, family & friends.

mission has remained, Modern Woodmen's products and services have changed to meet the changing needs of today's families. Based in Rock Island, Ill., the organization serves commitment to the more than 750,000 Chamber and to the members nationwide. For more information about Modern Woodmen, contact Sheryl Duford at 409-7483.

The Lakes Region Chamber of Commerce is a non-profit, 501c-6 organization made up of approximately 500 members businesses making a financial

gaged community and thriving economy for the businesses in the Lakes Region. For more information about the Lakes Region Chamber of Commerce, on-line business directory or a list of com-

ing Glass" dives deep into the rabbit hole of the 2016 New Hampshire Primary to portray how polarized and hateful American politics has become in an era of fake news and lightning-fast social media. Following the 75-minute film, we'll host a discussion featuring Bowe and Gilmanton resident/Boston University political scientist Virginia Sapiro asking how today's citizens can engage in civil discourse build harmony and across party lines. Attendees are encouraged to bring an appetizer to share or, alternatively, a friend of whose politics differ from their own.

July 22, 7:30 p.m. Talk/Slideshow: **Photographer Hector** Emanuel

As he grew up in Lima, Peruvian-born photographer Hector Emanuel regarded Lake Titicaca, which straddles the Peruvian-Bolivian border high in the Andes, as a timeless, almost mythical place. More recently, he's made six extended trips to the lake to record the festivals and daily lives of the Aymara and Quechua Indians living on the shores--and to connect with the spirit of his great-great-grandfather Carlos, a photographer and musician who lived by Lake Titicaca in the late nineteenth century. Emanuel will discuss his Lake Titicaca project and other work, including his coverage of the Colombian civil war, which has earned him awards from the National Press Photographers Association and the World Press Photo Foundation.

art from faraway lands in its advertising to give its products—including storage pieces, tables, and chairs—a global, cosmopolitan air.

Oct. 31, 6 p.m. **Haunted House: Ghosts of Gilmanton** Past

Back by popular demand, this year's haunted house will see Gilmanton actor Chas Townsend and his wily cohorts from the Gilford High School drama club resurrecting long-dead Gilmantonites from the grave, blood, guts, and all. As the barn fills with a haunting and mysterious fog, ghouls of all ages, including the serial killer H.H. Holmes, will treat guests to chilling soliloquies on the lives they led in our humble New England village.

Got Yoga?

Starting May 13, The Scriven Arts Colony in Gilmanton will offer a free one-hour yoga class each Saturday at 9 a.m. Set in a charismatic circa 1790 barn, the classes will be taught by Jade Badger, a one-time Gilmanton resident now moving back to town as she and her new husband, Bobby, build a home on Crystal Lake.

Currently a teacher in training at Yogaworks, in Boston, Badger has been practicing yoga for 17 years. Her classes will integrate Hatha and Vinyassa Flow as they focus on deepening the connection between mind, body, and breath. "It's great to be back in Gilmanton," she says. "I hope my class will bring together yogis of all abilities." Badger is an avid distance runner. Her son, Beck, is one of New Hampshire's top high school swimmers, and her son, Bode, is an award-winning skier. If you have a yoga mat and props, please bring them. The Scriven Arts Colony will have a small batch of mats and props on hand for people who don't have any.

business community supporting 22 towns/ cities. The Chamber strives to create and promote a more enmunity events, visit LakesRegionChamber. org, Facebook, Twitter, or call 524-5531.

CSI (Caring Student Intern) program for teens offered at LRGHealthcare

LACONIA — LRG-Healthcare is proud to once again offer local teens the popular 'CSI' (Caring Student Interns) Program.

CSI is offered to teens between the ages of 15 and 18 that have an interest in learning about careers in healthcare. Participants will learn medical skills such as taking blood pressure and respirations, first

aid and more. Students have the choice between will also be introduced to various departments throughout the hospital that provide medical services. Upon completion of the CSI program, students will have the opportunity to continue their experience through volunteering.

This LRGyear, Healthcare will offer two sessions of the CSI program. Students will

Week #1: July 13 & 14 or Week #2: Aug. 3 & Aug. 4. Both sessions will be held at Lakes Region General Hospital. CSI is open to students from all local school districts.

Space is limited. For more information or to request an application, please contact the Office of Volunteer Services at 737-6720 or visit lrgh.org to download an application. All applications are due by Monday, June 5.

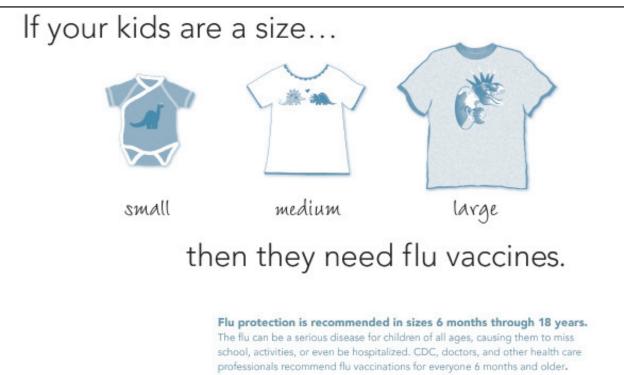
LRGHealthcare is a not-for-profit healthcare charitable trust Lakes representing Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRG-Healthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Aug. 14, 7:30 p.m. Talk/Slide Show: Art historian Kristina Wilson

A lifelong Gilmanton summer resident and an art history professor at Clark University, in Worcester, Kristina Wilson is a leading expert on furniture design and the author of "Livable Modernism: Interior Decorating and Design During the Great Depression," published by Yale University Press. Now at work on a new book about the 1950s, Wilson will discuss how the Herman Miller Furniture Company incorporated 'exotic' tourist

Donations are encouraged but not required.

The Scriven Arts Colony is located at 452 New Hampshire Route 140, Gilmanton, NH 03237. For directions and a full schedule of Scriven events, please visit scrivenartscolony.com.



For more information, visit http://www.cdc.gov/flu



"There will be a public hearing for Barnes Ave, Alton NH on June 5th at 6PM for further information please visit our web site WWW.Alton.NH.GOV"

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Explore China with Lakes Region Chamber Informational meeting May 4

LACONIA — Global travel is an experience and an opportunity to learn. The Lakes Region Chamber is offering its fourth travel mission to China in April 2018 featuring Beijing and Shanghai. Chamber President, Karmen Gifford, invites you join her on this once-in-a-lifetime international journey.

Many people have the desire to travel and have not considered China on their bucket list of places to explore.

Flying trans-Pacific for Beijing, China, departure date will be April 2, returning April 10. Travelers immerse themselves into a cultural experience starting with ancient tombs in Beijing to Shanghai's modern economic growing business along The Bund and one of the largest shipping ports in China. Each day is led with a local guide including climbing The Great Wall, one of the seven wonders of the world, walking through Tiananman Square and the Forbidden City, visiting a Pearl Market, Jade Factory and Silk Factory, exploring the Summer Palace along Kunmig Lake, being amazed by the silk embroidery craft, visiting a green tea plantation, exploring temples, boat rides, wandering through pavilions and gardens and more. The cost is \$2,199* per person, including airfare, hotel, and meals. To learn more about this trip, there will be



Travelers with the Lakes Region Chamber posed for a photo after a morning cruise on the famous West Lake in Hangzhou, China.

LakesRegionChamber. Business

COURTESY

Calendar of Events, book and Twitter. org, visit our online and our Community and find us on Face-

Bank of New Hampshire launches new tool to simplify the mortgage process

Directory

New Hampshire understands the importance of securing a home loan when you need it. With meeting and would the ever changing adlike more informathis process has evolved significantly over the years to expedite and simplify the process. Recently, Bank of New Hampshire launched a new service that will allow customers to easily apply for a mortgage or home equity loan at their convenience - from their home, office, or anywhere with an internet connection. Even more exciting, customers can now apply directly with

from their smart phone. Home buyers can simply visit BankNH.com and within 20 minutes are on their way to achieving be able to review estivances in technology their financial goals. This Web based technology allows users to explore rates, products and fees and complete an application in minutes. The resource center includes Frequently Asked Questions and provides calculators to help run scenarios from the comfort of your home or on a smart phone or tablet. Customers may receive instant approvals and immediate online disclosures, allowing the bank

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and answering their questions."

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire. With 24 banking offices throughout New Hampshire and assets exceeding \$1.4 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

tion, e-mail kgifford@ LakesRegionChamber. org. The public is welcome. Your adventure awaits vou!

a free Informational

Meeting on Thursday,

May 4 at 5:30 p.m. in

the conference room

at Hampton Inn &

Suites, 195 Laconia Rd.

in Tilton. Learn more

about our China ad-

venture and meet Leo

Liu, owner of Citslinc

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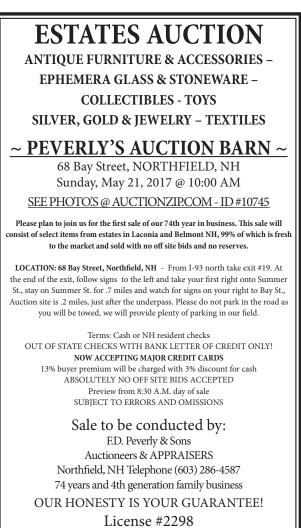
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Art Association offers a chance to win free painting

TILTON — For those who love fine art—especially from our local artists-the Lakes Region Art Association Gallery is offering you an opportunity to win a beautiful acrylic painting by Gerri Harvey, titled "Lifting Off." The painting can be seen at the LRAA Gallery located in the Tanger Outlets in Tilton. Harvey also serves as president-elect of the association.

Harvey, a retired Registered Nurse who lives in Gilford, is an award-winning local artist who has been painting in acrylics for a number of years and recently has been exploring watercolor and mixed media painting. When she retired from

nursing after 40 years she started devoting more time to painting, studying and teaching painting to others. She is inspired by landscapes and wildlife in the beautiful Lakes Region area of the state. Other pieces of her artwork can be seen at the LRAA Gallery as well as at the VynnArt Gallery in Meredith, Artistic Roots in Plymouth and on Harvey's Web site at www.gerriharveyart.com.

The LRAA Art Gallery is located in the Tilton Tanger Outlets in Tilton (near the Customer Service office) and is open Thursday, Friday, Saturday and Sunday, 10 a.m. to 6 p.m. The Lakes Region Art Associa-



tion (LRAA), founded in 1940, is a nonprofit group providing education and support to local artists, both emerging and professional, in the Lakes Region. For more information LRAA and the gallery, see www.lraanh.org

Anyone interested in art, as well as a chance to win free art, should stop by the gallery to view Gerri's free artwork piece which is displayed just inside the gallery doors. Registration slips for the

COURTESY (Left) Artist Gerri Harvey, of Gilford, a retired registered nurse with the US Army, holds her original acrylic painting, "Lifting Off," which she has donated to the free art drawing being held by the Lakes Region Art Association. drawing are available at the gallery checkout counter; no purchase is necessary to register, however you need to be eighteen years or older to register. One registration per person, per drawing. The drawing is held at the end of the month.



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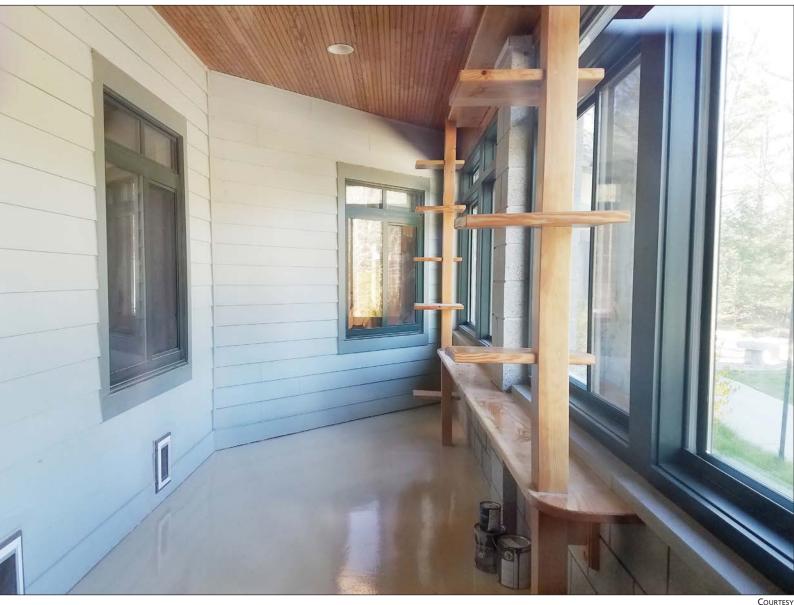


NH Humane Society hosts Annual Meeting and grand opening of Catio

LACONIA — The New Hampshire Humane Society will host its Annual Meeting on Thursday, May 18 from 5 - 7 p.m. at the shelter at 1305 Meredith Center Rd., Laconia. The evening will kick off at 5 p.m. with the grand opening of the Catio, a new indoor/outdoor space for felines off the large social room, complete with ribbon cutting ceremony. The NH Humane Society is eager to share the successes and stories of 2016, and the annual meeting will feature tours of the shelter, along with light food and drink. The event is free and open to the public, but the NH Humane Society is requesting that guests RSVP online at nhhumane.org, to ensure an accurate head count for refreshments.

"We are very excited to be able to debut our beautiful Catio at the Annual Meeting this year," says Marylee Gorham, Executive Director of the NH Humane Society. "The entire community rallied behind the Catio project to raise the funds and allow us to expand our large feline social room to include some 'outdoor' space for the cats, and we would love to share the opening with everyone."

The Catio project was initially funded in 2015 through a generous outpouring of support from the community. Local architects Misiaszek Turpin designed the



A view of the Catio.

space for the shelter – another step in their long-term partnership with the shelter, which also included the redesign of the shelter space in 2008. Paul Fleming, of Paul V. Fleming & Sons LLC, successfully bid on the Catio, and has been hard at work since last Fall, creating a beautiful space that integrates seamlessly with the al-

ready existing shelter structure.

The New Hampshire Humane Society is a privately funded 501(c)3 non-profit whose mission is to provide shelter for the lost, abandoned and unwanted animals; find responsible and caring forever homes for them, and; advocate and be the voice for the voiceless. The Society works hard

to prevent cruelty to animals and offers education and outreach programs, pet therapy, and many community programs and initiatives to help responsible pet owners and their animals. To RSVP for the annual

meeting/grand

opening, view adoptable pets, make a donation or check out other upcoming events please visit www.nhhumane.org.



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COURTESY MVSB sponsors "Palette to Palate" event at **Belknap Mill**

Larry Frates, Artist in Residence (left) and Jennifer McLean, Events & Program Coordinator (right), at the Belknap Mill are pictured with Eric Petell, Assistant Vice President $\boldsymbol{\&}$ Development Manager, Breanna Rae, Colleen O'Riordan and Belle Weeks, Branch Service Representatives at Meredith Village Savings Bank. MVSB is sponsoring "Palette to Palate" Paint Night at the Mill on Thursday, May 11 from 6-9 p.m. Visit www.belknapmill.org or call 524-8813 for more information.





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WOODS

(Continued from Page A1)

ERIN PLUMMER Cinderella (Zoe Lehneman), Jack (Kathryn Osburn) and Milky White (Gracie Cook), the Baker's



Zoe Lehneman plays Cinderella in one of the casts of the coming GMS production of "Into the Woods, Jr."

with the production. One group will meet with Demko while the other group will work with a number of high school volunteers, then the two groups will rotate.

Due to of the truncated rehearsal time and how busy the cast is, Demko said the production will not be nearly as big as previous shows. He said the set consists of four trees and more emphasis is placed on the performances.

In one of the casts, eighth grader Kathryn Osburn plays Jack, who sells his cow to the BakI've played a boy before, but this is really fun because he has a lot of great songs," Osburn said.

Osburn said the production has been "really fun" and she said Demko has really helped her through rehearsals.

"He's really helpful and he helps you when you need any help and he's a great director," Osburn said.

Leilani McMath is one of the performers who plays Rapunzel. McMath also said she has been having fun through this process.

"I've had a lot more

said it's sad that middle school is almost over and she has done a lot of great shows.

"I'm a little sad, but I hope next year in high school, there will be a lot of great experiences," McMath said.

McMath also said she enjoys working with Demko.

"Mr. Demko helps a lot and he gives everyone great opportunities in their career in theater." McMath said.

She said she enjoys working with everyone as well and everyone in the cast is willing to help

INSURANCE

option.

Town Administrator Scott Dunn said another option would be to make the band a town agency under a Parks and Rec. Their budget could be done under the Parks and Rec office and Beyrent could be made into a town employee.

Dunn said a committee has its own members decision-making and process, which the town wouldn't necessarily have control over. This could create more liabilities through the insurance if this was made into a committee.

"I think having it be a town agency with Lyvie being a town employee under Herb's direction, the town has a little more control and a little less risk," Dunn said. "From my perspective, that probably makes more sense."

Beyrent said she would be open to this option.

Selectman Richard Grenier said the group could lose some autonomy with this development, though Beyrent said she had no issue with that. She said they understand they would have to do purchase orders for music and she is already used to doing that through the school district and would be okay doing this through the town.

The board voted unanimously in favor of having the Gilford Community Band come under the auspices of the Parks and Recreation Department and become a town agency.



Gilford Physical Therapy and Spine Center's building at 689 Gilford Ave.

Lang-Rice has been a physical therapist for 32 years, starting as part owner of Bow Physical Therapy and Spine Center in Bow. Lang-Rice said she noticed a quarter of her caseload was coming from the Lakes Region. She also had an interest in having her own practice.

"This is where I decided there's a need for the type of therapy I did," Lang-Rice said.

She moved her practice to Gilford in January of 2006. Lang-Rice said when the practice started it was just her and an office assistant. The practice has grown and changed locations.

"If you come here, you're going to get personalized, quality care; we're going to take care of your whole person," Lang-Rice said.

Lang-Rice said they

will treat much more

than the original area

of pain. For example if

someone is having knee

pain, they will see how

that person is walking

and see if the source

is related to the ankle,

back, or other issues re-

sulting in stress to the

Therapy has four private

treatment rooms. Lang-

Rice said some physical

therapy centers are a

big gym with curtains

sectioning out different

patients, that we have

private rooms,"

"That's important to

Physical

said

knee.

areas.

Gilford

ing not reinjuring themselves and how and how not to stretch.

She said therapy can give people confidence that pain doesn't have to run their lives and they can control their pain.

Gilford Physical Therapy treats a wide range of problems including a few that a lot of physical therapy centers do not treat, such as vertigo. They will meet with people of all ages, from pediatrics through geriatrics. Other services include treatment for pregnancy related back pain as well as fall prevention. They also offer sport-specific training.

"People don't often think of physical therapy until they get hurt," Lang-Rice said. "We would like people to think of us for prevention; [treat] those little

"I enjoy working with hikers who want to get back to hiking," Lang-Rice said.

Doyon does Spartan Races, obstacle course running, and other high level competitions.

Lian specializes in geriatric care and works in assisted living facilities. Lang-Rice said he has also played sports and understands sports medicine.

Physical therapist Jody Krajicik will fill in for the other therapists and they also have the services of physical therapy assistant Maria Dalton.

Gilford Physical Therapy accepts most major insurances as well as Medicaid, Medicare, and insurances on the Healthcare Exchange.

Lang-Rice said many people might put off physical therapy because they cannot afford high co-pays or deductibles. She said in many cases physical therapy when a problem is small can prevent time out of work or the need for surgery in the future. "In this healthcare market with high deductibles and high co-insurances, we want people to know we can help them prevent little problems from becoming big," Lang-Rice said. "We can see you a few times to get you back on the road to recovery." Giuffrida and Lang-Rice said they can work out payment plans to make care more manageable. Gilford Physical Therapy and Spine Center is open for new patients. For more information, call 528-4152 or visit www.gilfordphysicaltherapy.com.

(Continued from Page A1)

er and the Baker's Wife for some beans, resulting in an adventure with a beanstalk and a giant.

"It's really fun because

to do and it's really fun," McMath said.

As an eighth grader this is McMath's last show at GMS. She

NOTEBOOK

day at Boundary, "hot summer day" meaning about 55, with a Force Five gale, Bunny Bunnell and I had come ashore to avoid being blown off to Bangor,

and as was our usual strategy in a crisis, one of us, or maybe both of us, called for an adult beverage to sooth our nerves and add a touch of sharpness to our al-



Power Outage Tips

- BEFORE

- Add warm clothes and blankets to e
- Take cash out (ATM's may



out.

Performances are on June 3 at 7 p.m. and June 4 at 8 p.m. at the Gilford High School auditorium.

(Continued from Page A5)

ready well-honed sagacity.

"But hark!" he cried, or something like that, "we need ice!" (the cooler's supply somehow having become exhausted), and down over the dam I scrambled, because I was the younger and number, and fetched plenty.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Write to campguyhooligan@ gmail.com or Box 39, Colebrook, NH 03576.)

TOUCH A TRUCK

2 p.m., rain or shine, at which kids (of all ages!) can get up close and personal with various airplanes, large construction trucks, a NASCAR race vehicle from NHMS, police cars, fire trucks, snowplows, ambulances, boats and other vehicles. WinnAero is the STEM education non-profit for youth which approaches Science, Technology, Engineering and Math subjects from an aviation and aerospace perspective. The group also sponsors summertime ACE Academies for Elementary, Middle and High School-aged students plus teacher professional development workshops throughout the year. The Touch a Plane Plus event is co-sponsored by the Technology classes of Gilford High School and Laconia Christian Academy and supported by the Laconia Municipal Airport.

Admission to the

pains before they become big pains."

Lang-Rice said little pains can prevent people from doing activities they love, like hiking.

She said a lot of people also don't think of getting physical therapy after a Caesarian section.

"We're quipped to help you; people need guidance with that kind of stuff," Lang-Rice said.

The center has three major providers including Lang-Rice, Mitchelle Doyon, and Jonathan Lian. All three have doctorate degrees, Lang-Rice and Doyon also have certification trough the McKenzie Institute.

All of the therapists are active and have knowledge of sports and other physical activities.

Lang-Rice is an avid hiker who climbs 4,000-footers.

June 3 Touch a Plane

Plus Event is just \$5

donation per person

with a maximum ad-

mission donation of

\$20 per family. This

is WinnAero's major

fundraise r for the year

and donations are tax

planes and other ve-

hicles to check out,

there will be a Winn-

Aero Flight Simulator

available for attend-

ees to try their skill at

flying without leaving

the ground! Pilots and

In addition to the

deductible.

(Continued from Page A1)

other aviation experts plus vehicle operators will also be available to speak with the public. Local companies who support WinnAero will have informational tables available to meet the public. Businesses interested in adding their vehicle to the displays or in placing a company promotional banner on display at the event may contact dwcaron@hotmail. com or Mordonsan@ aol.com, Subject Line "WinnAero Event."

Billing Manager Asia Giuffrida. "Lots of PT places don't have that one-on-one with the provider." Lang-Rice said part of

therapy includes teaching people how to care for themselves, includ-

LR	CC
----	----

Nursing, A.S. seux Nicole T. Woodward* Nursing, A.S. Lisa J. Cole*Office Technology Management, A.A.S. Jessica T. Freeman Office Technology Management, A.A.S. Carly J. Migliore* Technology Office Management, A.A.S. Renee Tonge Office Technology Management, A.A.S. Justin Valley Office Technology Management, A.A.S. Jennifer Annemarie Walsh Office Technology Management, A.A.S.

Heather Alexandria Bridgmon Pastry Arts, A.S.

Diana Marie Brown Pastry Arts, A.S. Gregory W. Rebello

CORRECTIONS

pare plant orders for landowners throughout the County.

"They were hard-working, positive and good problem-solvers who enjoyed giving back to the communi-I was impressed tv. and would work with

THEATRE

in theatre, promotes literacy by producing shows based on books, and entertains the local community.

Participating in theatre can teach young people valuable skills. Some examples are:

Improve public speaking skills

Learn the value of teamwork

Teach/learn empathy

Manage stress and deadlines

Gain confidence Learn memorization

Use physicality

Pastry Arts, A.S. Emilv Katherine Pastrv Swingle Arts, A.S. Joseph D. Bruss Liberal Arts, A.A. Darcy O'Donnell Caouette Liberal Arts, A.A. Bryson Birchard Eddy Liberal Arts, A.A. Deborah Ellen Eddy Liberal Arts, A.A. Karissa Laraun Grant Liberal Arts, A.A. Shannon Haley Liberal Arts, A.A. Lindsey Marie Jud-Liberal Arts, kins A.A.

Jamie Anne Medeiros Liberal Arts, A.A.

Daniel J. Morrissette Liberal Arts, A.A.

(Continued from Page A7)

Longa J. Pakasuk Liberal Arts, A.A. Kerry L. Roach Liberal Arts, A.A. Jennifer K. Stillon* Liberal Arts, A.A. Owen D. Trindade*

Liberal Arts, A.A. Brandon G. Wunsch

Liberal Arts, A.A. Megan Leigh Bel-Liberal ville Arts - Health Science Concentration, A.A.

Casandre M. Kimball Liberal Arts - Health Science Concentration, A.A.

High Honors Grade Point Average of 3.75-4.00; Gold Tassel and Cord

Honors Grade Point Average of 3.30-3.74

*Member, Phi Theta Kappa International Honor Society

(Continued from Page A8) who assisted on the

project were primari-

ly Justin Brunelle and

Tom Sandborn. Oth-

ers involved were Jer-

emiah Brewer, Alfred

Gosslin, Matthew Ro-

bie and Charles Sulli-

them again anytime. We also appreciate the support from Superintendent Keith Grav and Sergeant Patrick O'Reilly who made this detail possible," said Hepp.

Department of Corrections volunteers

professional-

Our young actors

learn these skills from

their adult leaders (di-

rector, choreographer,

etc.), from adult actors

who participate on

loan from Interlakes

Theatre, and from

each other. ILCT is

dedicated to providing

this experience free of charge to area youth.

ICT is dedicated to

literacv

eryday

ism.

Gain

and more.

(Continued from Page A9)

to tell a story and be that are based on physically active ev-

van.

books. Kids can connect immediately with their favorite characters, from Flat Stanley to the Cat in the Hat and cast and audience alike delight in bringing these characters to life!

Geared towards an audience in Kindergarten to second grade - and their parents/grandparents our cast connect with their audiences both through their performances on stage and at the meet and greet after each show.

MUSEUM

Wednesday, June 28, 7 p.m., "The Islands of Winnipesaukee," featuring Ron Guilmette

Saturday July 15, 11 a.m., "Child Labor in New England," featuring Robert Macieski

Wednesday, Aug. 2, 7 p.m., "Bob Fogg and the Golden Age of Aviation," featuring Jane Rice

Wednesday, Aug. 9, 7 p.m., "Exemplary Country Estates of New Hampshire," featuring Cristina Ashjian Saturday, Sept. 2,

COUNTRY

ways greener on the other side, or bluer in this case, which may be why Dwight Yoakam hadn't thought of doing a bluegrass album over the years. Yet here he is, releasing "Swimmin' Pools, Movie Stars..." in the same year that he is celebrating the 30th anniversary of "Guitars, Cadillacs, Etc.," Pools. "Swimmin' Movie Stars..." harks back to that landmark debut in its obviously cheeky title, while otherwise looking even farther back by recasting some of Yoakam's most classic songs in a style that not only predates cowpunk but antecedes his beloved

11 a.m., "Lakes Region

Stories," featuring Dan

Route 3 (503 Endicott

St. North) in the Weirs

section of Laconia, be-

tween Meredith and

Weirs Beach. The Mu-

seum is open all year,

Monday through Sat-

urday, from 10 a.m. to

2 p.m., or by appoint-

ment. Admission is

free; donations are

The building is air

conditioned and hand-

accepted.

gratefully

Museum

directly

is

on

Hevduk

located

The

icapped accessible.

(Continued from Page A8)

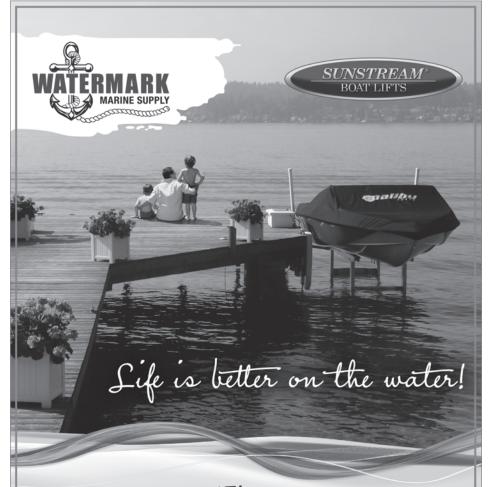
The Lake Winnipesaukee Historical Society is a nonprofit organization established in 1985 to preserve and promote the history and heritage of Lake Winnipesaukee and vicinity.

For further information, please contact Alison Rush, Museum Director, at info@ lwhs.us, 366-5950, or visit their Web site at www.LakeWinnipesaukeeMuseum.org.

(Continued from Page A9)

Bakersfield sound.

Join Country music legends, Alabama and Dwight Yoakam, and sing along to all their hits, Saturday, Sept. 9. Get your tickets Friday, May 19 at 10 a.m. by contacting the Box Office at 293-4700 or log on to www.BankNHPavilion.com!



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Is Your Portfolio "Healthy"?

and produce shows

May is National Physical Fitness and Sports Month. If you can exercise regularly, you'll help yourself feel better, control your weight and even reduce stretch before they swing the chances of developing into action. Many of them certain diseases. But why not extend the concept of "fitness" to other areas of your life - such as your investment portfolio?

And to help maintain a healthy portfolio, you can draw on some of the same principles that apply to keeping your body in good shape.

Consider, for example, one of the things that happen when you exercise namely, your body uses more oxygen. As an investor, you may need your portfolio to get "oxygen" in the form of infusions of new investment dollars. If you stop putting money into your portfolio, you'll need to rely on your existing investments to grow enough to help you meet your long-term goals, such as a comfortable retirement. Could that happen? Maybe, but you will likely be better off by investing consistently, year after year. And by spreading your contributions over a period of decades, you don't have to come up with large sums at any one time.

Another element important help ensure your portfolio to exercise is the need to avoid injury. That's why all sorts of athletes, both competitive and casual, also take other injuryavoidance steps, such as strengthening their "core" through abdominal work and increasing their flexibility through yoga. When you invest, you can be "injured" if your portfolio takes a hit during a market downturn. However, this type of injury will likely be much more severe if your portfolio is overconcentrated in just one asset class and the downturn primarily affects those exact assets. But if you own many different types of assets stocks, bonds, government securities, and so on - you may reduce the impact of a downturn on your portfolio. Keep in mind, though, that this type of diversification can't guarantee profits or help you avoid all losses.

While exercise is essential to maintaining good health, it Do what it takes to keep isn't the only factor involved. You should also get regular checkups with a medical professional, who can run various tests to measure changes in cholesterol, blood pressure, heart function and other areas. To sweat.

is healthy, you also need to chart its progress over time. And that doesn't just mean determining if you're getting the growth you need, though that's obviously of great interest to you. You also need to evaluate whether your portfolio has gotten out of balance. which can occur without your doing anything at all. To illustrate: If you start out with a certain percentage of one type of investment, such as stocks, and these stocks grow to a point where they now take up a bigger share of your portfolio, you may be taking on more risk than you had intended.

Consequently, you should review your portfolio at least once a year to evaluate both its performance and its balance. Once you've compared where you are today with where you were a year ago, you'll be in a better position to make appropriate changes if needed.

yourself physically fit - but also take steps to ensure your investment portfolio is in good shape. It's vitally important to your future - and you can do the work without even breaking a



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact Jacqueline Taylor, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see http://www.edwardjones.com/ or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

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Reagan McIntire returns a serve in a match she won against Gabrielle Nedeau of Inter-Lakes High



Sarah Fillion is the number two tennis player for Gilford High School girls' tennis.

BOB MARTIN

School.

Big week for Gilford tennis

BOB MARTIN

BY BOB MARTIN Bob@Salmonpress.news

THE GILFORD STEAMER

GILFORD — The Golden Eagles girls' tennis team didn't win a single game last season, but going into this spring Coach Hermann Defregger had high hopes for the girls. Last week they went 2-0 against White Moun-

and had a 6-6 record as meau won 8-5. of press time.

Gilford traveled to lion/McIntire White Mountains on Lord/Comeau won 8-0 May 9 and had a great in doubles matches. day with a 9-0 win. Reagan McIntire and Olivia Salesky beat their opponents 8-0. Sarah Fillion, Josey Curley and Hannah Lord had

tains and Inter-Lakes, 8-1 wins. Olivia Co-

The pairings of Filand Curley and Salesky won 8-1.

"It was the longest away match and everybody stepped up and played very well," said

Defregger.

Gilford then had a tough contest against Inter-Lakes, winning the battle 6-3. The two rivals were tied after singles matches and Gilford came back strong in doubles by sweeping the Lakers. Winning singles were McIntire 8-4, Curley 8-1

and Lord 8-6.

Defregger said he is very proud of the team after not winning a match last year, and as of press time they were in ninth place and one shy of making the playoffs. He knows that this week's opponents of Littleton and first place Berlin are tough, but is

not ready to count out his team.

"You never know," said Defregger. "Maybe we can sneak in there."

The boys' tennis team continued its dominance and remained undefeated after another perfect week on the courts. SEE TENNIS PAGE B2



Sports Editor - Joshua Spaulding - 569-3126 (phone) - 569-4743 (fax) - sportsgsn@salmonpress.com

Sports

Gilford track girls win eight-school meet

BY BOB MARTIN

Bob@salmonpress.news LITCHFIELD — The Gilford track and field girls had a big day on May 9 at a meet hosted by Campbell High School, where they had 177 points and were the top team of the day.

Gilford beat Conant with 125 points, Campbell with 112, Hopkinton with 99, Wilton with 32, Mascenic with 31, Milford with 10 and Bishop Brady with six points.

The team was led by senior Marina Baer, who continued her strong season with the best javelin and shot put throws of the day. She was also second in the high jump. Junior Laura Dean was first in the 400-meter dash and second in the long jump.

The Fraser sisters, Natalie and Brianna. continued to have great freshmen seasons. Natalie Fraser was second in the 200 meters and third in the 100 meters. Brianna Fraser was second in the 100-meter dash.

Fellow freshman Laurel Gingrich placed third in the high jump, fourth in the 100 meters and fifth in the 200 meters.



The Gilford girls' track and field team won a meet in Belmont on Saturday. Pictured from left to right are Brianna Fraser, Jasmine Syed of Belmont, Lauren Dean and Natalie Fraser.

Junior Elizabeth Relf was second in the 1,600 meters. Senior Alliyah Oswald was third in the javelin. Madison Relf was fourth in the 3,200 meters, and coach Joe Wernig said it was a highlight of the meet for the girls as it was a 20-second personal record.

Other freshmen who represented well included Julie Auld who was second in discus, Katiana Gamache who was fifth in shot put, Elena Uicker who was third in triple jump, Erin Madden who was fifth in discus and Reese Clark who was fourth in the 300-meter hurdles. Eight freshmen scored points on the day.

All four of the girls were on the 4X100 relay team, which took first place.

The 4X400-meter relay team consisting of Dean, the Fraser sisters and Jennie Gannon had a first place time of 4:29. It became the fastest time in Division 3 this vear.

The boys' track team was in third place with 87 points. They were behind Campbell with 185 points and Mascenic with 113 points. Wilton

had 52 points, Bishop Brady and Conant had 49 points and Hopkinton had 44 points.

Connor Leggett led the way with a first place finish in hurdles. Sandor Gamache was second in the 300-meter hurdles, Korey Weston was second in long jump, Michael Wernig was second in discus, Ben Altmire was fourth in long jump, Max Stephan was fifth in long jump and Finn Bladwin was second in javelin and fourth in 300 meter hurdles.

The 4X400 meter relay team of Wernig, Gamache, Leggett and Mark Young was in third.

Finn's javelin throw of 131 feet, four inches was a personal record by 20 feet. It qualified him for the Division 3 championship. Weston's 18 feet, one inch long jump also qualified him for the championship.

"The boys continue to improve as the season progresses," said Wernig.

Wernig said it was a very impressive meet for the girls' team, who have had a good season overall. He said the girls' team has put together quality wins, and he has been especially impressed because there are seven to eight teams per meet.

"They should score some points and place high in the Wilderness Championship on Saturday, May 20, at Gilford High School," said Wernig.

The Wilderness Championship involves teams from Division 2, 3 and 4.

Gilford athletes also performed in the track meet at Belmont High School over the weekend. The girls' team won with 82 points, beating out Belmont with 68. Olivia Morea was first in both 100 and 300-meter hurdles. Baer had another big deal placing first in javelin. She also qualified for the state championship with a throw of 86 feet in the javelin.

Dean took the top spot in the 400 meters, Brianna Fraser was second in the 200 and 400 meters, Madison Relf was second in the 3,200 meters and Reese Clark was second in the 100-meter hurdles. Julie Auld was second in discus.

The boys' meet only had five total points on the day, but were highlighted by Young's time of 2:09 in the 800 meters. It was good for second place and qualified him for the Division 3 state meet.

Gilford softball goes 2-0 for the week

BY BOB MARTIN

Bob@salmonpress.news GILFORD — After an up and down first half of the season, the Golden Eagles softball team has been able to string together key wins including a 12-7 against Winnisquam and a 10-1 win over Mascoma last week.

On May 8 they beat

defense performance by Samantha Knowles, who turned a double play in the fifth inning to end a potential scoring threat. With runners on first and second with no outs, a ball was hit to Knowles. She tagged the runner advancing from first to second, and then threw to first for the double play.

det have been incredible at the plate of late. Beaudet went 3 for 5 including a triple, an RBI, a run scored and a steal. Lachapelle went 2 for 4 with a homerun and five RBIs. Orton had two hits including a double and an RBI, Lexi Boisvert had two hits, two runs and two steals. Lou Lacroix also had two hits.



Winnisquam in a rematch of a game where they lost earlier in the season. The Golden Eagles had nine hits on the day, and took advantage of nine walks. Freshman Colby Butterfield got the win and pitched six innings, giving up seven runs, six hits and striking out six.

The game started with Winnisquam getting a 2-0 lead in the first inning, but Gilford answered back quickly and evened the score thanks to a homerun by Jillian Lachapelle. Their biggest inning came in the third, when Gilford scored nine runs and held the lead.

Lachapelle pitched in the seventh inning, striking out one and giving up no hits or runs.

The team had a strong

The offense was led by Lachapelle with three hits, including a double and a homerun. She also had six RBIs and two runs. Brooke Beaudet had two hits and three runs scored. Senior Stevie Orton had a hit to go along with an RBI, one run and a stolen base. Butterfield had an RBI and Nicole Berube had two steals.

On May 10 Gilford beat Mascoma 10-1 in a game where Gilford had 14 hits. It was the third straight win for the Golden Eagles, and by press time they were 7-4. Butterfield got the win, striking out six, allowing four hits, no runs and no walks over five innings. Lachapelle again came in for relief for the final two innings. Lachapelle and Beau-

Taryn Breton had an RBI and a double, Nicole Berube had an RBI, two runs and two steals. Karly Sanborn had a run scored.

The Golden Eagles also continued to be a sound defensive team to go along with their offensive explosions. Coach Joan Forge said a top play was when Tricia Jarry fielded a grounder into right field and threw out a runner at first. Breton also made a great catch and centerfield and Forge said Beaudet played solid at shortstop. Lachapelle, she said, is playing solid at first base.

"Defensively Gilford was flawless committing no errors," said Forge. "The defense came up with some spectacular plays."



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Josh Valentine leaps over a Campbell player during a tough 11-9 loss at home for Gilford.

Eagle lax girls win three, boys fall in three

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — It has been a tale of two seasons for the Gilford lacrosse teams this season, with the girls' team making an impressive run late in the season and the boys' team on a bit of a slide.

Last week the girls' team went from 3-3 to 6-3 with a 17-5 win over Plymouth at home, 17-12 win over Bishop Brady at home and a 17-8 win over Campbell in Litchfield.

Shelby Coe had six goals against Plymfive against outh. Bishop Brady and five Campbell. against Normandin Laurel had three goals and

TENNIS

Last week they had a doubleheader win over White Mountain with scores of 6-0 and 9-0, as well as a win in a rematch of last year's state championship Inter-Lakes against with a score of 7-2.

In the opening match against White Mountains Gilford swept the singles. Grant Workthree assists against Plymouth, three goals against Bishop Brady and two against Campbell. Julia Normandin had five goals against Campbell, four against Bishop Brady and three against Plymouth. Freshman Sophie Leggett had seven goals in the three games.

Coach Mike Normandin has been happy with the hard work the team has put in.

"Our defense has been working hard and making strides," said Normandin. "In all three halves this past week our defense limited teams to two, three and three goals.

He said there was

man won 8-1, Christian

Workman won 8-1, Ty-

ler Hanf won 8-0, Con-

nor Craigie won 8-1,

Kyle Davies won 8-1

and Alden Blais won

In the second match

Against Inter-Lakes

Workman

Gilford swept both the

singles and doubles

8-2.

matches.

Christian

(Continued from Page B1)

won 8-2, Hanf won 8-0, Craigie won 8-3, Davies won 8-3 and Blais won 8-5. The pairing of Grant Workman and Craigie won 8-1 in doubles, and Mikey Eisenman and Colton Workman won 8-5.

Gilford will host a quarterfinal match on Tuesday, May 23 at 4 p.m.

Vanbennekum, Hannah Sullivan, Julianna Caulstring, Gabby Podmore, Olivia Harris and Abby Warren. He also said freshmen Kolbi and Taeylor Plants had their first varsity goals. Freshman Jaylin Tulley also had 10 saves and recorded her first varsity win in the game against Plym-Senior Emily outh. Hayden had 11 saves in

the other two wins.

It was a tough week

for the boys' team,

which went 0-3. They

lost to Plymouth 10-7

on May 8, 9-1 against

Bishop Brady on May

10 and 11-9 against

SEE LACROSSE PAGE B3

Campbell on May 11.

strong play by Kaityln

Sargent's gem not enough for Gilford

BY BOB MARTIN

Bob@salmonpress.news

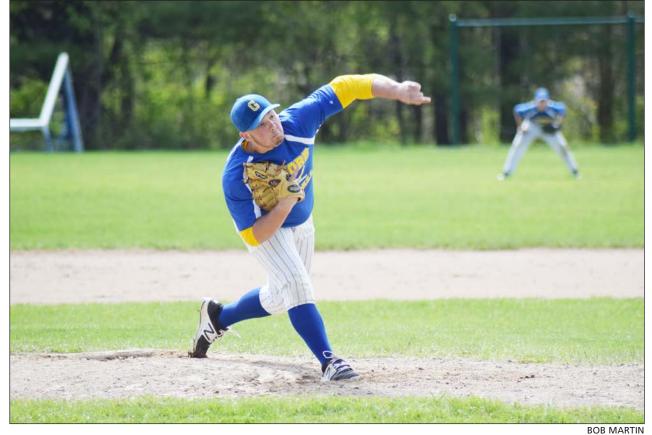
GILFORD -The Golden Eagles had their ace Tyler Sargent on the hill against rival Belmont, a team that has been on a hot streak of late. Sargent was excellent but Gilford's bats were held silent in a 4-0 loss.

Belmont pitcher Corey Derosier kept the Gilford hitters off balance all day, allowing only two hits and striking out 10 batters. Sargent had six innings, six hits, two earned runs, two walks and seven strikeouts.

In the bottom of the first the Golden Eagles had two men on but Derosier was able to get out of a jam. In the top of the second inning, Sargent had probably his toughest inning of the game. He gave up a four-pitch walk to Cole Contigiani, got a couple quick outs but then allowed a single. With two outs and men on first and third base, he dug deep and ended the inning with a strikeout.

Gilford's Braeden Lacroix hit a bloop single to left field with two outs in the bottom of the second inning and then stole second, putting himself in scoring position. However, Derosier managed to end the inning with a strikeout.

In the top of the third inning, Sargent started by striking out Belmont's Griffin Embree, but Derosier helped his own cause by singling to right field. Sargent got a quick force out at second and with two outs and a man on first allowed a single up the middle. With cleanup hitter Contigiani up with a man on first and second base, it looked like Belmont might



Tyler Sargent winds and fires during a game against Belmont High School.



Second baseman Tyler McKinney backpedals into the outfield to make a catch.

have a scoring chance. Belmont hitters were Sargent reared back working deep counts solid stuff against a red runner on third with and fired heat to get to this point. Belmont's hot team.

task. He was showing short ended up with a

two outs due to two erthe strikeout to end the hitters have recently Derosier was also rors in one play. Sargent stayed cool and ended the inning on an easy ground out to third base. Gilford hitters were silenced aside from a single in the fifth inning. In the top of the sixth Contigiani inning, grounded to second base but ran hard and beat out the throw for an infield single. It was the most they could do against Sargent, however, who continued to

throw heat and retired the side with a two pop ups and a strikeout.

Derosier struck out the side in the sixth inning, showing that he still had the Gilford hitters off balance deep into the game.

With 111 pitches thrown, Sargent took the hill in the seventh inning. Belmont's Jonny LeClair worked a 3-2 count and lined a single to right. Halfway through an at bat with Embree, Sargent reached his pitch limit and Lacroix came in. He walked Embree and then Derosier hit an RBI single, which would end up being the game winning run. Lacroix showed some control problems, hitting a batter and walking two others, one with the bases loaded. He also had a passed ball that scored a run. He gave up the fourth and final run on an RBI single to left field by Belmont's Cam Magerer.

Coach Vint Choiniere was very happy with the way Sargent pitched, and said it is too bad that he reached the pitch limit. He said as a baseball fan it would have been a lot of fun to see how the game could have turned out if he had stayed in. He said the matchup between Derosier and Sargent was fantastic, and Derosier was throwing strikes, mixing in a good curveball and keeping batters off stride.

Choiniere said what is even more impressive about Sargent is that he was battling a tight hamstring, which caused him to sit out a previous game against Mascoma.

"I can't say enough about the gutsy performance by Tyler Sar-

inning. Sargent was giving

up spotty hits and the

been on fire, so to have Sargent silencing them to this point was a good

LACROSSE

(Continued from Page B2)



Seth Valpey runs upfield with the ball in a loss against Campbell last week.

Coach Mike Robbs was lost for words about the week, which saw their record go from 3-3 to 3-6. He said while the team has been working hard, they need to be consistent and make plays.

In the game against Campbell he said there was not much good to say, except that Seth

Valpey had an incredible game winning faceoffs. He also led the team with four goals that game. He said the team couldn't capitalize on offense and they need to do a better job defensively. He also said the team may have been a bit overconfident heading into a game against a team

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that had yet to win.

"They've got to dig deep and practice harder," said Robbs. "I'm a little lost for words right now. It was just a bad game."



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showing that he came to play by putting down the Gilford hitters in order in the third inning. Both teams had trouble getting anyone on base in the fourth inning, as Sargent allowed a single but otherwise got three easy outs. In the bottom half of the fourth inning. Gilford's Brendan Lemay hit a single to right and reached second on an error. With Gilford threatening with only one out, Derosier got two quick outs.

By the top of the fifth inning it was beginning to look like this pitching duel was legitimate, and the first team to score might come out on top the winner. Sargent started with a strikeout, but Gilford hitters battled by fouling off some hard fastballs and working deep counts.

Errors nearly cost Gilford in the inning, as a groundball to gent," said Choiniere.

Gilford has had an up and down season. locked in at the .500 mark at press time. Also last week they beat Winnisquam 6-4, lost 4-1 to Franklin and beat Mascoma 8-1.

"We are in the playoff hunt at 6-6 and we are really looking forward to playing well down the stretch to hopefully secure a spot in the tournament," Choiniere said.



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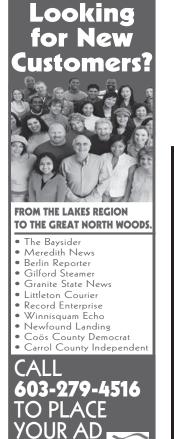
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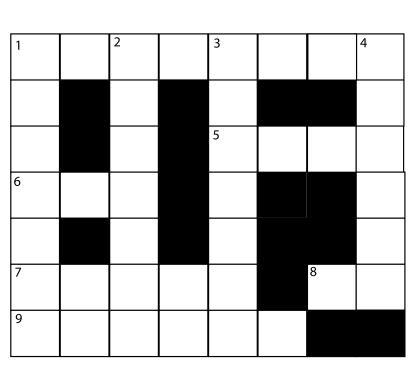


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- 8. Form of "be"
- 9. Fuel or force

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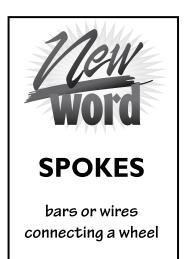
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- 2. Real
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- 4. People who ride

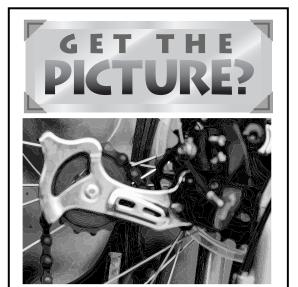


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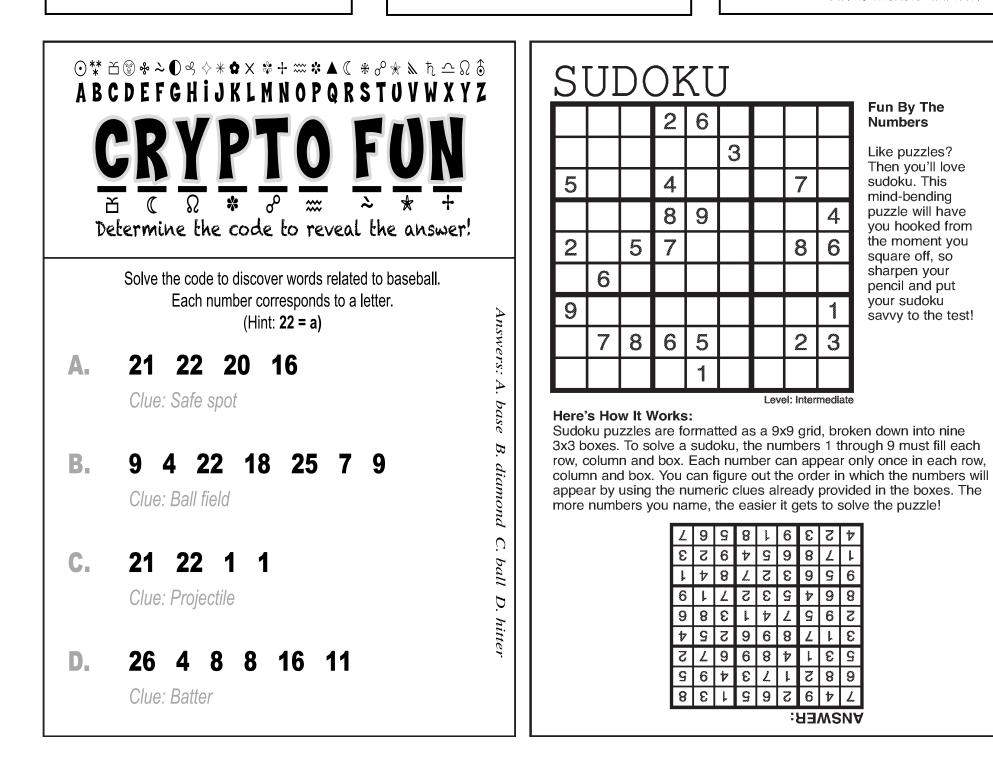
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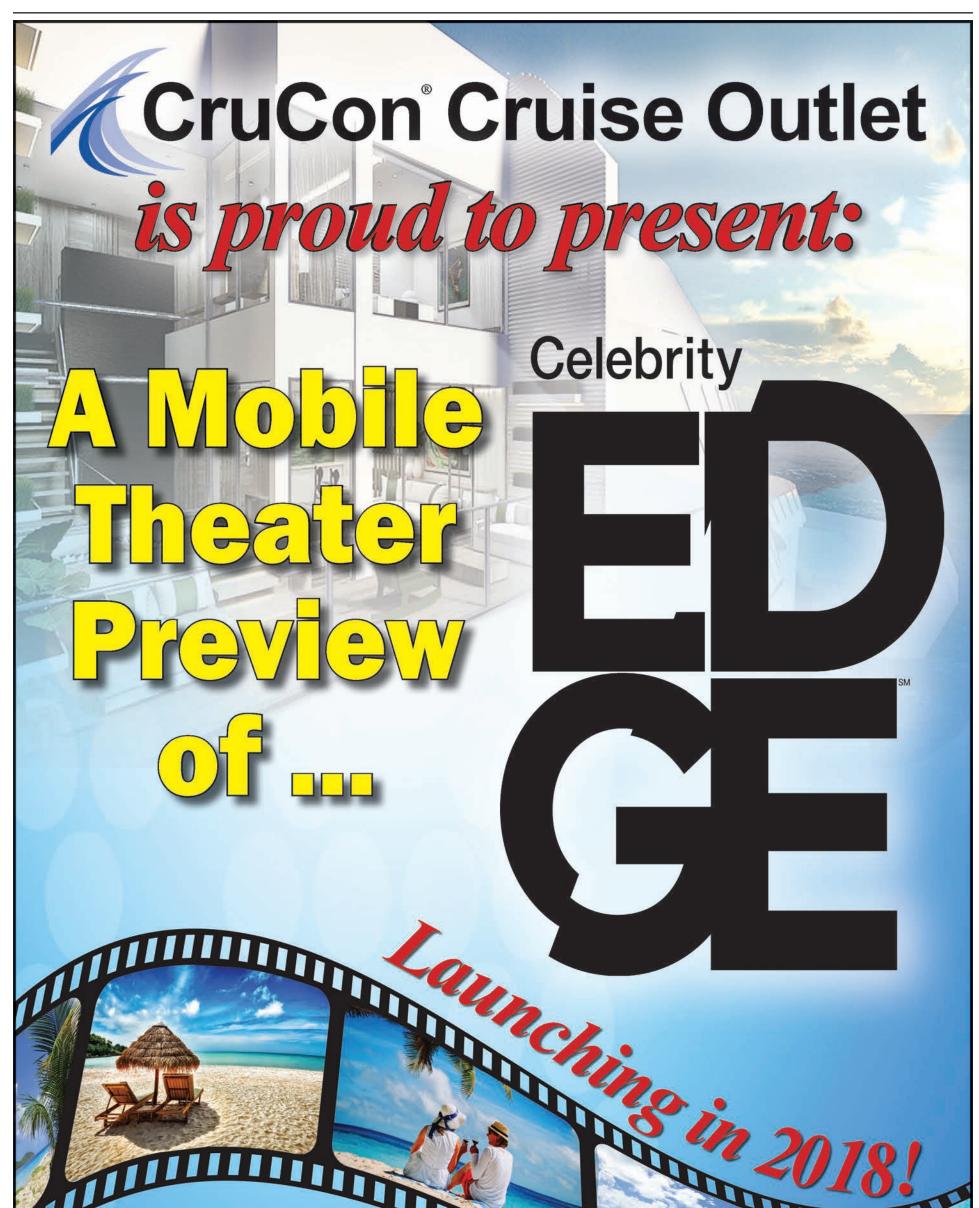
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