

# Gilford Steamer

THURSDAY, JULY 11, 2019

GILFORD, N.H.



ERIN PLUMMER

Zoe Lehneman plays Buddy the Elf in the Streetcar Kids and Youth Theatre (SKYT) production of "Elf, Jr." this weekend.



ERIN PLUMMER

SKYT brings some Christmas in July to the First United Methodist Church of Gilford with this weekend's production of "Elf, Jr."

## Christmas spirit comes to the stage in "Elf, Jr."

BY ERIN PLUMMER  
mnews@salmonpress.news

Streetcar Kids and Youth Theatre is kicking off the summer with Christmas in July as they bring "Elf, Jr." to the stage this weekend.

Streetcar youth company will perform the kid-friendly version of the famous musical Fri-

day through Sunday at the First United Methodist Church of Gilford.

Co-director Raelynn Cottrell said they chose "Elf" to have some Christmas in July. Cottrell described herself as a "crazy Christmas person" said after the production of "Alice in Wonderland" last year

she managed to convince co-director David Nelson into doing a Christmas show.

The show is one of the more challenging ones the company has done.

"It's a much more technical, difficult show than we've ever done in the summer," Cottrell said. "These guys are

awesome."

Nelson said the show involves a lot of set changes and set pieces to keep in order and change at the right time.

It was a little unique for everyone to be doing a Christmas show in the summer.

"It takes a lot of getting used to," Nelson said.

The 36 members of the cast range in age from four to 17-years-old, half of them are performing in their first Streetcar show and under a dozen are doing their first ever show.

Nelson said this production has been full of

surprises. He said the kids he has worked with before continue to shine in this production and the kids new to this have been performing amazingly.

Nelson said he has watched the cast improve by leaps and bounds. After the dress rehearsal on Monday night, he said that performance was 200 times better than the previous day.

The cast of "Elf" had a float in two Fourth of July parades, in the Gilmanon parade they won the award for Most Original.

Zoe Lehneman of Gil-

ford plays Buddy the Elf.

"(I like) just how energetic he is and how happy he is all the time," Lehneman said. "He's probably one of the most fun characters I've ever played because his emotions are so over the top."

The Gilford High School student is in her fourth show with Streetcar.

She said it was a little weird to do a Christmas show in July.

"I do like Christmas a lot, it's been a really fun experience even though it's hot in the elf suit," Lehneman said.

One of the performers  
SEE ELF, JR. PAGE A8

## Kimball Castle being restored, though dealing with trespassers

BY ERIN PLUMMER  
mnews@salmonpress.news

Work is underway on restoring Kimball Castle so it can be opened to the public, though owners have been dealing with frequent trespassers.

In recent years the

historic Kimball Castle property has been largely abandoned and the main structure has been crumbling. Patrick and Melissa Starkey of Starkey realty in Concord purchased the property in September of 2018 and have been working to sta-

bilize the structures and fully restore them.

Patrick Starkey said that since the purchase a new roof has been added on the gazebo, work that has been done in the original design. This month the former caretaker's

SEE KIMBALL PAGE A8

## Carnival, beer tasting among events at Gunstock in July

BY ERIN PLUMMER  
mnews@salmonpress.news

From a carnival for families to a beer and food

tapas event for adults, there are plenty of events and activities going on at Gunstock through the month of July.

Starting on Friday July 12, Gunstock will host Taps & Apps every month over the summer. Each event will feature a progressive four-course menu of tapas paired with four different beers. Each event will feature a different brewery: the July 12 dinner will feature beers by Great North

Aleworks.

Taps & Apps will run on Aug. 9 and Sept. 13

The event will take place on the Landing Zone Patio, cocktail hour is from 6-6:30 p.m. and the meal will run from 6:30-8:30 p.m. Taps & Apps is \$40 per person and participants must be over 21.

Saturday, July 13 is Belknap County Day at Gunstock. Belknap County residents can get a free ride on the Mountain  
SEE GUNSTOCK PAGE A8



COURTESY

### Laconia Elks gives bicycles to local children in need

The Laconia Lodge of Elks #876 was honored and proud to use their \$2,500 Beacon Grant to purchase and give away brand new bicycles and helmets for 20 underprivileged children in the Lakes Region. The Bike Fest was held at the Boys and Girls Club in Laconia.

### Dine "Under the Tent" at 22nd annual Jewish Food Festival

LACONIA — Once again, the event to attend this summer is The New Hampshire Jewish Food Festival at Temple B'nai Israel, 210 Court St. in Laconia on Sunday, July 14th, from 11 a.m.-2 p.m. People will be coming together from all over New Hampshire and beyond to enjoy the memories of the tastes and smells from the kitchens of Jewish mothers and Bubbes (grandmothers) through the

ages...from traditional Jewish cooking to delicatessen delights to amazing desserts and more! Don't just dream of the luscious homemade delicacies from the kitchen of Temple B'nai Israel...plan to be there.

The Jewish Food Festival in Laconia ranks with the best due to TBI's talented cooking crew of women and men who have been gathering before Festival Day for planning and rec-  
SEE FOOD FEST PAGE A8

# Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

You're a child in the children's room of the Gilford Public Library. Surrounded by color, toys, books, and other kids, it's a wonderland of possibility. You love hearing stories, especially when Mommy, Daddy, or the Librarian does the silly voices. There's the crafting table too, where you can color, draw, or write. Then there's the train table, the dress up corner, the reading sofas... but then, you see a friendly looking woman walk in with a couple of puppets on each arm almost as big as her! The lion on her arm says that it's time for a Puppet Show, and mom says we can watch because it is completely free and open to the public-whatever that means.

What it really means is that we've got several performances happening at the library this summer, and they are all free, thanks to the generous support of the Friends of the Gilford Public Library. Lindsay and her Puppet Pals will take the stage again to a roar of giggles on Wednesday, July 17 from 4-5 p.m. Kids loved her genuine smile and silly characters last year, so she's back by popular demand.

The Hampstead Stage

Company is also back with a fresh performance of "The Jungle Book" on Thursday, July 25 from 6:30-7:30 p.m. Their contagious energy fills the room with excitement and humor. The troupe is dedicated to education and creating a memorable experience that kids talk about long after the show.

So, there's a silly and joyous puppet show and a professional and engrossing theater performance, but what about some music? Aaron Jones has it covered with his wacky, interactive musical performance on Tuesday, July 30 from 4-5 p.m. He has a way with a crowd to get families up, dancing, singing, and laughing together.

The Meeting Room is more like a 'Party Room' this Summer Reading Program. These performers are fun, professional, and amazing to witness. It's high quality family fun at the Gilford Public Library, and, totally free and open to the public. Don't miss the best performances of the summer!

## Classes & Special Events July 11 - July 18

**Thursday, July 11th**  
Geri Fit, 9-10am  
Rain Date for Story

Walk in GES Woods, 10:30-11:30am

Come enjoy the best parts of summer with a hike and a story. Meet at main Gilford Elementary parking lot. \*Rain date will be July 11th at 10:30a.m.

Walk With Ease, 11am-12pm

Under a Starry Sky: Nocturnal Animals, 1:30-2:30pm

Come learn how night creatures adapted to survive night time environment, under a starry night. This is a hands-on program. Participants travel through interactive stations, where they can investigate animal tracks, animal constellations, explore hands-on nature experiments, and more!

Conversational French, 4-5pm

**Friday, July 12th**  
Social Bridge, 10:30 am-12:30pm

Knit Wits, 1:30-2:30pm

Conversational German, 2:30-3:30pm

**Monday, July 15th**  
T'ai Chi Chih, 9:45-

10:45am  
Walk With Ease, 11am-12pm

Geri Fit Classic, 11am-12pm

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

Mahjong, 12:30-3pm.

**Tuesday, July 16th**  
Geri Fit: Hop & a Skip, 9-10am

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

Hook Nook, 10-11am  
Social Bridge, 10:30am-12:30pm

Kryptonite Rocks, 1:30-2:30pm

Description: Come

and make "kryptonite" rocks with glow in the dark paint. (ages 5-11)

Crafternoon @ the Library, 2:30-4:30pm

Join Kayleigh to make a craft at the library! You can make one of our provided crafts, or bring your own crafts to work on. Sign up at the library.

**Wednesday, July 17th**  
Line Dancing, 9-10:30am

Check Out an Expert, 10am-12pm

Lakes Region Fiber Artists and Crafters, 10:30-1pm

Storytime at the Beach, 12-12:30pm

Meet us at the beach for stories and fun!

Lindsay & Her Puppets, 4-5pm

Back by popular demand Lindsay and Her Puppets! Come and enjoy this very fun show.

**Thursday, July 18th**  
Geri Fit, 9-10am

Walk With Ease, 11am-12pm

Lunchtime Book Discussion, 12:30-1:30pm

This month's book

is Avenue of Mysteries by John Irving, described as '...hilariously eccentric and beautifully human'. Copies of the book will be available at the circulation desk, and the discussion will be led by Molly Harper.

Conversational French, 4-5pm

Evening Book Discussion, 6-7pm

See, 'Lunchtime Book Discussion' above.

Under a Starry Sky: Nocturnal Animals, 1:30-2:30pm

Come learn how night creatures adapted to survive night time environment, under a starry night. This is a hands-on program. Participants travel through interactive stations, where they can investigate animal tracks, animal constellations, explore hands-on nature experiments, and more!

Foreign Movie Night, 1:30-2:30pm

This month's movie is After the Storm, an unrated movie from Japan.

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from June 24 to July 7.

A juvenile, age 15, was arrested on June 26 for Unlawful Possession of Alcohol.

Steven S. Walbridge, age 51, of Alton was arrested on June 26 for Driving After Revocation or Suspension (second offense).

Khamphay Phone-soukseum, age 53, of Laconia was arrested on June 26 for Driving After Revocation or Suspension.

Erica A. Delucca,

age 42, of Gilford was arrested on June 28 for Resisting Arrest or Detention and Simple Assault-Physical Contact or Bodily Injury.

A 53-year-old male from Thornton was taken into protective custody for intoxication on June 29.

A 53-year-old female from E. Woburn, Mass. was taken into protective custody for intoxication on June 29.

Michael Edward Hill III, age 19, of Lee was arrested on June 30 for Criminal Trespassing.

A 42-year-old male from Clastonbury, Conn. was taken into protective custody for intoxication on July 2.

Kevin A. Cram, age 32, of Sanbornton

was arrested on July 3 in connection with an outstanding bench warrant.

Kevin Patrick O'Connell, age 34, of Rockland, Mass. was arrested on July 3 for Driving After Revocation or Suspension and a "Hands Free" Violation.

A 24-year-old female and a 31-year-old male from St. Johnsbury, Vt. were taken into protective custody for intoxication on July 3.

A 26-year-old male from Gilford, a 22-year-old male from Meredith, and a 25-year-old male from Meredith were taken into protective custody for intoxication on July 3.

A 48-year-old male

from Belmont was taken into protective custody for intoxication on July 3.

Austin F. Belair, age 24, of Campton; Michael J. Lylyk, age 24, of Hill; and Joseph M. Guyotte, age 20, of Franklin were arrested on July 4 for Criminal Trespassing.

Nathaniel S. Gerlarneau, age 24, of Laconia was arrested on July 4 for Driving After Revocation or Suspension.

Joseph Wylie, age 40, of Laconia was arrested on July 5 for Driving Under the Influence of Alcohol and Transporting Alcohol and Beverages.

Dylan Corgatelli, age 18, of Laconia was arrested on July 6 for Operating Without a Valid License.

Lisa Barbary, age 57, of Gilford was arrested on July 7 for Simple Assault-Physical Contact or Bodily Injury.

A 55-year-old female and a 55-year-old male from York, Maine were taken into protective custody for intoxication on July 7.

## Gilford Public Library Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens
2. "Summer of '69" by Elin Hilderbrand
3. "The Den" by Abi Maxwell
4. "Educated" by Tara Westover
5. "Unsolved" by James Patterson
6. "City of Girls" by Elizabeth Gilbert
7. "Redemption" by David Baldacci
8. "The Big Kahuna" by Janet Evanovich
9. "The Friends We Keep" by Jane Green
10. "Queen Bee" by Dorothea Benton Frank

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# Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

## Old Home Day Committee Accepting Sponsor Forms and Parade Applications

The Gilford Old Home Day Committee is currently accepting Sponsorship Forms to have your name listed in the Old Home Day Program Booklet and Parade Applications for the Old Home Day Parade to be held on August 24th. These forms are available at both Bank of New Hampshire locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

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

## Senior Moment-um Walter's Basin/Squam Lake Boat Tour on Monday July 15!

The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um Program on Monday, July 15. Participants will meet at the Gilford Town Hall at 10:45 a.m. to carpool to Holderness to enjoy a lunch at Walter's Basin Restaurant, followed by a 90 minute boat tour of Squam Lake. Participants will choose off a

limited sandwich menu of chicken salad, bacon cheeseburger, fried had-dock or pulled pork, to be served with fries and a non-alcoholic drink. The cost of the lunch and boat tour is \$42.00 per person and payment must be received no later than the RSVP date. All participants must RSVP with the Parks and Recreation Department and pay the trip fee no later than Thursday, July 11.

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

## Challenger British Soccer Camp

The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 15 - July 19 at the Gilford Village Field. This camp offers a three-hour program for children ages six to 14 and a one-and-a-half-hour program for children ages 3-5. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at [www.challengersports.com](http://www.challengersports.com).

Cost: \$132.00 for ages 6-12 and \$97.00 for ages three to five.

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

## Horsemanship camp offered multiple weeks

The Gilford Parks and Recreation Department in partnership with the Lakes Region Riding Academy is offering a number of Horsemanship Camp sessions this summer. These camps will be held from 9 a.m. - noon at the Lakes Region Riding academy in Gilford. Remaining session dates for this summer are; July 22-July 25; Aug. 5-8 and 22. These camps are an introductory program for participants to learn about horsemanship. The program will offer basic horse care knowledge, horse safety and the beginning basics of riding. All participants must wear long pants and a shoe or boot with a heel. Helmets will be available at the barn. Snacks and drinks will be provided. Enrollment in camp session is limited.

Cost: \$105 per participant

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

## Pre-School Summer Soccer Camp

The Gilford Parks and Recreation Department is sponsoring a Pre-School Summer Soccer Camp for children ages four and five from Aug. 5-8. This camp will take place from 8:30-9:30 a.m. at the Gilford Village Field. This camp will provide participants with a fun introduction to the basic skills associated with soccer, while

at the same time learning teamwork, following directions and developing a true sense of sportsmanship. Some of the skills we will be concentrating on are: Dribbling, Passing and Ball Control. Participants should come prepared to play outdoors. In the event of rain, the program will be held at the Gilford Youth Center. Mouth guards, shin guards and cleats are encouraged but not required. All participants should bring a bottle of water and a snack. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at [www.gilfordrec.com](http://www.gilfordrec.com)

Cost: \$40 per participant

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

## Sciensational Workshop for Kids! "Brick Building w/ Lights and Sound!"

The Gilford Parks and Recreation Department is Sponsoring a workshop through Sciensational Workshops for Kids for children ages seven to 12, from 9

a.m. - 4:30 p.m. on Aug. 12 and 13. Have interest in becoming an architect and electronics scientist? This workshop combines everything into one. Make endless combinations of brick construction and electronics. How about  
SEE REC NEWS PAGE A8

## Summer Outdoor Worship begins

Summer Outdoor Worship returns to the Lakes Region began Saturday, July 6 at at Hope Ministries on Route 11A in Gilford.

This family oriented service is an opportunity to meet in a more casual, outdoor setting. It meets in the Charles French Chapel, located directly behind First United Methodist Church (the

home of Hope Ministries) and continues through the end of August. Morning Worship also takes place in the church's sanctuary on Sundays beginning at 10:30 a.m.

More information about the Summer Outdoor Worship or Home Ministries, can be obtained at 524-3289 or [www.nhlakesumchurch.org](http://www.nhlakesumchurch.org).

## Emily Curtis of Gilford named to Springfield College Dean's List

SPRINGFIELD, Mass. — Springfield College has named Emily Curtis of Gilford to the dean's list for academic excellence for the spring 2019 term. Curtis is studying Rehabilitation and Disability Studies.

Criteria for selection to the dean's list requires that the stu-

dent must have a minimum semester grade point average of 3.500 for the semester.

Springfield College is a private, co-educational institution founded in 1885. Nearly 5,000 students, including 2,500 full-time undergraduate students, study at its main campus in

Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

## St. John's hosting Blessing of the Animals Sunday

MEREDITH — St. John's-on-the-Lake on Bear Island welcomes guest minister the Rev. Neil Wilson on July 14. The service will contain a Blessing of the Animals, a tradition enjoyed at St. John's.

The Rev. Wilson and his wife Donna both grew up in Maine. Although they left New England, they have never wavered from their faith as members of the Congregational Church. (Their allegiance to New England professional sports teams has also remained intact!) They have a son with a family in Indiana and a daughter whose family lives outside of Port-

land, Maine. Moving to the Lakes Region of New Hampshire feels like a return home.

Before entering ministry, Neil spent some time with the Maine Forest Service; he was also the owner of a successful logging business. Early in his ministry he served part-time as a licensed pastor while completing his undergraduate degree from Granite State College and his Master's Degree in Divinity from the Earlham School of Religion (Religious Society of Friends) in Indiana.

Neil has served as Senior Pastor of a UCC congregation in Indiana and a Congregational church in

Charlevoix, Michigan. In between he spent two years with the Maine Sea Coast Mission.

Founded in 1927, the mission of St. John's-on-the-Lake is to provide services on Sundays to meet the needs of the growing island population of Lake Winnepesaukee. Regardless of what your religious affiliation at home may be, we hope that you will join each Sunday with us. Services are held at 10:00 am Sunday mornings during the summer season. Well behaved dogs are always welcome at St. John's. Sneakers or sturdy shoes for you are suggested.

The chapel is located on the highest elevation of Bear Island on Lake Winnepesaukee in Meredith, New Hampshire. It can be reached by a short walk from the church docks located in Deep Cove on the west side of the island, as well as by other marked paths. In addition, there is a "taxi" service from Meredith Neck; email us at [island.church.ferry@gmail.com](mailto:island.church.ferry@gmail.com). For more information, see our website [www.stjohnsonthelake.com](http://www.stjohnsonthelake.com).

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## Lakes Region Christmas in July Arts & Crafts Fair

**July 19-21**  
**Fri & Sat 10-5**  
**Sun 10-4**



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## MARK ON THE MARKETS

### Have enough?



BY MARK PATTERSON

Almost 100 percent of new clients that walk into my office to discuss their retirement plan have two beliefs that are consistent. First, they believe that they do not have enough money to retire and second is that they believe the amount of money that would allow for a comfortable retirement is predetermined by the "experts" on the radio, TV or magazines, and that number is more than have accumulated. Another common perception is that the tax rate will be lower once the client reaches retirement age. This may be true or it may not be true. There is no way to know tax policy and rates in the future.

Some clients want to work well beyond traditional retirement years; however, some clients want to retire early by today's standards.

Instead of focusing on total assets needed to retire let's back in to what income you will need to sustain the lifestyle that you want. We must also account for the fact that the money that you are saving for retirement now will not be included in your retirement budget. The key is to convert your retirement assets into income producing vehicles that are sustainable, steady but have the potential to grow.

It sounds like a tall order, and it is. This plan depends on the amount of income that we have to derive from the client's assets. We must also look at Social Security benefits that typically play a big part in the client's retirement income. Congress has done

away with some previous filing strategies but it still makes sense to look at varying scenarios regarding when you the client starts receiving benefits.

The content of many 401(k), 403B, IRA or really any other qualified plans typically consist of mutual funds that have been used for accumulation of assets. These funds, in my opinion are not an efficient means of deriving income once retired. Consider moving these assets into an IRA where you or your advisor can tailor a portfolio to suit your needs as opposed to the limited choices typically found in a 401k plan.

A common yet dated strategy has been to take 4% of your assets for income. Many years ago when you could get a CD with a 5 percent return, that might have been viable. In today's world CD rates are substantially lower, so to get your 4 percent, you must place your assets at market or credit risk.

There are ways to mitigate these risks using investment-grade quality corporate bonds and possibly an "A" rated fixed indexed annuity to provide a sustainable, steady income. Once you have met your income goals, we are able to invest the rest of the assets for growth. Because we have the income portion set, we are not overly concerned with market or sequence of returns risk that would put your income in danger.

It can be very beneficial to plan sooner than later. The first step in this process is to figure out a realistic budget and income needs come retirement. A good financial planner that has expertise in planning for retirement income and asset management is a great place to start.

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



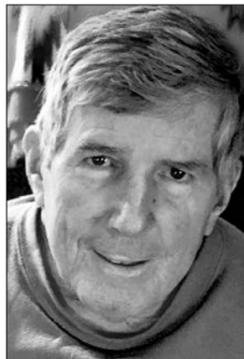
### Space still available for Pop Up Extravaganza

Pop Up Extravaganza is a one-day unique shopping event at Pitman's Freight Room, 94 New Salem St. in Laconia. The event is designed to offer artisan crafts and experiences completely new to the lakes region, featuring clothing, jewelry, needle and fiber arts, pottery, a custom parfumerie, and a mini photo studio for fast, fun, high quality professional portraiture. Burrito Me and Wayfarer Coffee Roasters will be offering a special food and beverage menu available only at the Pop Up. Proceeds from this event will benefit the New Hampshire Breast Cancer Coalition [www.nhbcc.org](http://www.nhbcc.org). For more details about the Pop Up, please visit [www.popupextravaganza.com](http://www.popupextravaganza.com). There is still some vendor space available, please contact us through the website for information. Presented by Melissa McCarthy of The Studio, 598 Main St., Laconia and Evelyn Lamprey.

COURTESY

## NORTH COUNTRY NOTEBOOK

### A kid scared half to death by an eel that stayed home



By JOHN HARRIGAN  
COLUMNIST

Editors tend to have long memories, and some readers, too, so parts of this story may look familiar. It's about (sort of) this typical Ozzie-and-Harriet neighborhood kid (me) catching a very big, very snake-like, very scary three-foot eel.

Friends have told me that this is one of many components of what makes me...well, me...and that I need therapy. My handy reply is that I can't afford the co-pay.

It was a beautiful spring day, Beaver Brook and its mill pond reflecting a sky almost as blue as Sinatra's eyes. Okay, not quite — maybe Paul Newman's.

Now there was a class act — Redford and Newman, who had great fun making movies later in their careers that helped a confused crop of Baby Boomers make the hump into the next generation, and amount to some-

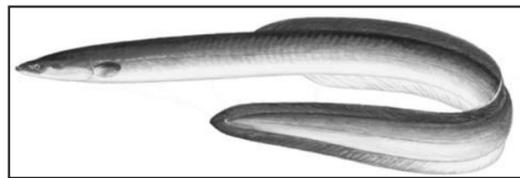


PHOTO COURTESY FISH AND GAME

An American eel, looking a lot like a very long, very big, dangerous and nasty snake. Well, to a kid at least.

thing. I think of Newman every day because I'm an assiduous user of his salad dressings, the profits from which his foundation donates to charity.

Just as I know the script for "Jeremiah Johnson" almost line for line, I have a particular fondness for "Butch Cassidy and the Sundance Kid." Anything in the script that coincides with the real story, which occurred in the 1890s, is purely accidental.

Anyway, my favorite line is spoken three times (I think), I'm not quite sure by whom, and it's "Who are those guys?" as they look back at a pursuing posse.

+++++

As a kid of seven or eight or so, I already knew about the Sargasso Sea, a place northeast of the Caribbean where conflicting ocean currents

create a gigantic sort of whirlpool, and where a particular kind of seaweed grows (right, sargassum). One of the few comic books our parents would allow in the house (or we had the money for anyway) was the Popeye series. Popeye, as I recall, was always running off to the Sargasso Sea, or at least threatening to. Maybe that's where Olive Oyl came from, I don't know. Another thing from those early days of learning is that I like spinach.

+++++

One of the Fish and Game's major connections to kindred spirits and the rest of the world is Wildlife Journal, published bi-monthly. The summer issue offered up not just eels but also great photo-features by Tim Acerno (the making of a K-9 law enforcement partner) and quaking bogs (Nicola Whitley).

I have some experience with quaking bogs, which are glacially formed kettle-hole ponds gradually taken over by vegetation. The vegetation eventually takes over the entire surface of the pond, forming a mat that increases in thickness over the years, but up to 30 feet of water remains beneath.

On a birding trip spinoff one year, I went into South Bay Bog on First Connecticut Lake. It was (and still is, I guess—I haven't been there in years) a classic quaking bog. The mat of vegetation covering what used to be the center of the bay was thick enough so you could walk on it, but your footsteps created waves below, and made the encircling black spruces sway.

If you pointed your feet straight down, and jumped a couple of times, you would go right through, and get wet as a trout.

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

## STRATEGIES FOR LIVING

### The cancer conundrum

BY LARRY SCOTT

I was enjoying a pleasant summer afternoon aboard Angelica, the 40-foot sailboat that had been my home for the previous five years. With cool breezes coming off Liberty Bay, I was relaxing on the front deck of my boat when I received an ominous phone call from my Urologist. Results from my recent prostate exam had come back positive; I had prostate cancer.

Birthered in the Poulsbo (WA) Yacht Club, this was not the way I wanted to spend my 4-day break from trucking. I was living alone, approaching retirement, and about to

re-marry the sweetheart of my youth. This was a complication I did not need.

But there was no rush, said the Urologist. Untreated, it would ultimately take my life, but it had been caught in its early stages, and I had time. Laparoscopic surgery followed within a few months and as surgeries go, it was a "piece o' cake." I have been cancer-free ever since.

My decision was aided by an experience I had some years before. At a family gathering, I met David Stidham, recently married to my oldest sister. I was, however, able to talk with him for but

a few minutes. An untreated mole on his back had metastasized and by the time I met him he was in the throes of chemotherapy and a very sick man.

The issue here — and it was instructive to me — was that Dave knew of the mole on his back but did nothing about it until it was too late. If he had attended to it early on, he might have lived to see his young son grow into manhood. But despite chemotherapy, it took his life in just a matter of months.

I make a point of this, for what cancer does for us on a physical level, sin does for us on a spiritual

level. There lurks within each of us the possibility for one of our cells to mutate into a cancer cell. And in much the same way, we have been born with a predisposition to sin.

Defined here as self-centered rebellion against the known will of God, sin is typical to our human nature. It encroaches on our lives, driving us further and further away from the person God created us to be. Left "untreated," sin will ultimately doom us to eternal death.

But this death, characterized in the Bible as eternal separation from



# Leadership Lakes Region celebrates 21st graduating class

MEREDITH — Leadership Lakes Region recently celebrated the group's 21st annual graduating class. Twenty five area professionals completed the course and joined the ranks of Leadership Lakes Alumni; now 385 strong.

Preceding the graduation event held at the Chase House in Meredith, was the group's annual "Lakes (Environmental) Day" hosted by the Squam Lakes Association (SLA) and sponsored by Meredith Village Savings Bank which had four students enrolled this year. SLA Executive Director EB James welcomed the group to Squam and then turned the program day events over to his AmeriCorps Team Members, Adele Barnes and Alex Reiber. Featured speaker of the day was NH Environmental Services Commissioner, Robert Scott. The day also featured a lengthy pontoon boat tour of Squam Lake.

The leadership class then headed to Meredith for their graduation ceremony where guest speaker, Randy Pierce, of 2020 VisionQuest, inspired the class with his narratives of personal triumphs despite being blind. Pierce's numerous physical and mental challenges include hiking all of the 4,000 foot peaks in New Hampshire, climbing Mount Kilimanjaro and Machu Picchu, running three consecutive Boston marathons and participating in Tough Mudder events with his team which included his former guide dog, the Mighty Quinn, and his current partner, Autumn. The graduating class and their guests then viewed and discussed a "Year in



The family of the late Adrienne Stevens presented the first Adrienne Stevens Founder's Award for Leadership to a graduating member of this year's Leadership Lakes Region Class of 2019. Ms. Stevens' nephew Chris made the presentation to class member Andrea Condodemetraky. Also shown flanking Andrea and Chris for the presentation were Stevens family representatives; L-R: Adrienne's brother Richard and his wife Gail, Adrienne's brother David, and Chris' wife Tammy Stevens.

Review" slide presentation assembled by the alumni planners for the day, Tammie Mahoney, Linda Heney and WilLOW Furey. Graduation was also the appropriate time for the Leadership Lakes Region Board to honor and recognize the extraordinary organizational efforts by one of the primary founders of the group back in 1996, the late Adrienne Stevens. Stevens, a career educator who passed away in the Fall of 2018, was a driving force in the establishment of this very successful leadership program and three of her former original board colleagues were there to honor her contributions. Eliza Leadbeater, Bill Seed and Don Morrissey were original members of the Board along with Stevens and three other visionaries. The group was formed to foster a spirit of volunteerism through regional information and education, stated Lead-

beater, and Adrienne was a primary example of that spirit throughout her life, she added. Seed highlighted Adrienne's volunteerism with the local Altrusa Club and her involved mentoring efforts with high school and college students that allowed hundreds of them to achieve their career dreams. Stevens family members were invited to participate in the ceremony which culminated with one member of the graduating class selected by the votes of classmates as the person who most embodies the volunteer spirit and

community involvement of the late Adrienne Stevens. Nephew Chris Stevens proudly spoke of his aunt's many community accomplishments and then presented the first Adrienne Stevens Founder's Award

for Leadership to class member Andrea Condodemetraky. Lakes Day and Graduation were coordinated and planned by Leadership Lakes Coordinator Jennifer McLean assisted by Furey, Mahoney and Heney.

## Shakespeare & the Language that Shaped the World

LACONIA — Advice to the Players is proud to present "Shakespeare and the Language that Shaped the World," by Kevin G. Coleman, Wednesday, July 17 at 2 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

The play is a whirlwind tour through the life, times, and works of William Shakespeare, led by nine actors equipped with 10 stools, a couple of broadswords, a bit of historical information and scenes from many of his greatest plays.

Kevin G. Coleman, Director of Education at Shakespeare & Company, created this energetic, fast-paced peek into Shakespeare's world and Elizabethan life. It is a fun, accessible introduction to Shakespeare with enough depth to please those who have already studied his works.

Advice to the Players is a unique company of theater professionals, enthusiastic community members and energetic teens that has been performing Shakespeare and offering workshops SEE SHAKESPEARE PAGE A9

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Photos are also welcome, but must be submitted in jpeg format.  
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# Get herb- and wild food-smart this summer

*Master Herbalist to lead informative series at Prescott Farm*

LACONIA – Want to get more in touch with nature? Looking for alternative, natural solutions to medicine and beauty products? Or, maybe you want a healthier diet from nature's wild foods? Prescott Farm can help!

Master Herbalist Melissa Morrison of New Hampshire Herbal Network (NHHN) will host two popular series at Prescott Farm on White Oaks Road in Laconia through September: Exploring Herbal Medicines & Crafts and Wild Foods of Summer & Fall.

Summer can be full of nature's wonders with Melissa's four individual herbal programs and her two wild food classes. She will guide participants into the fascinating natural world of herbs and crafts with Herbal Spa Treatments, Herbal



COURTESY

Melissa Morrison, Master Herbalist, leads a class in herbal preparations at Prescott Farm.

First Aid Kits, Natural Baskets and Homemade Herbal Preparations for Health & Well Being. Registration is available for individual programs or the whole series at prescottfarm.org.

Did you know your skin is the largest organ on your body? On Saturday, June 22 (10 a.m.-noon) learn all about Herbal Spa

Treatments that keep your skin healthy and radiant. With the goal of limiting the use of chemical shampoos, moisturizers and other potentially hazardous beauty products, this class will teach you to create safe, non-toxic herbal beauty treatments for your hair and skin that will give you glowing results and cost less than commercial beauty products.

With the right information, you can use plants from the woods and garden, as well as food items from the kitchen, to create a multipurpose first aid kit. Find out how on Saturday, July 13 (10 a.m.-noon) with Herbal First Aid Kits. Participants will learn how to create a basic herb first aid kit, put together a kit for specific needs, and learn alternative therapies for healing.

Natural Baskets on Saturday, Aug. 10 (10 a.m.-12:30 p.m.) will put your pruning and cutbacks from the garden to good use. Join Melissa to stimulate your creative juices while making a "place for your stuff" or a one of a kind gift for someone. There is no requirement for special skill or materials, just an imagination and sense of fun!

Learn the fine, technical art of making herbal preparations like oils, salves, ex-

tracts, and more with Homemade Herbal Preparations for Health & Well Being. On Saturday, Sept. 28 (10 a.m.-12:30 p.m.) you can learn the fine, technical art of making herbal preparations like oils, salves, extracts, and more. Each student will go home with samples, recipes and inspiration to continue their healing journey in the herbal world!

What is better than one Wild Foods program? Two! Wild Foods of Summer will be on Saturday, July 20 (1-3 p.m.) and Wild Foods of Fall will be on Saturday, Sept. 28 (1-3 p.m.). Join Melissa to explore the pond, woods, and fields of Prescott Farm and meet some wild "weeds," which are also extremely nutritious and delicious foods. Participants will learn basic plant identification, ethical harvesting and safety.

For more information about these or any of Prescott Farm's programs, visit [www.prescottfarm.org](http://www.prescottfarm.org).

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural

SEE HERBS PAGE A9

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## Vacation Bible School begins July 29

LACONIA — Heritage Free Will Baptist Church's Vacation Bible School week will begin on July 29. We start at 9 a.m. and go

until noon. The theme this year is "Giddyup Junction – Taking God's Love to New Frontiers!"

If your four to 17 year-old wants to have a week of fun playing games, learning about the Bible, singing songs, and eating

snacks, all for free, we would love to have them join us! Please call the Church at 528-8400, email us at [heritagechurch777@gmail.com](mailto:heritagechurch777@gmail.com), or simply show up at 349 Meredith Center Rd. in Laconia on Monday morning. We look forward to seeing you!

## SUMMER 2019 SATURDAY CONCERTS



SATURDAY, JULY 27, 7:00PM  
**Don Plummer & Family**

Don Plummer is a trumpet player and accomplished singer and has performed in concerts for many years in 36 states and Canada. He studied voice, trumpet and music at Berkshire Christian College in Pittsfield, MA School of Music. He performs regularly with the Strafford Wind Symphony. Don is serving as Pastor of the Northwood Advent Christian Church, in Northwood, NH.

SATURDAY, AUGUST 10, 7:00PM  
**MARK209**

In just a short amount of time, MARK209 has garnered the interest of an industry. Tagged the "best group you probably have never heard" by industry leaders, MARK209 has certainly made a mark for themselves. The 2011 National Quartet Convention in Louisville, KY was no exception.



SATURDAY, AUGUST 31, 7:00PM  
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# RE/MAX Bayside's Chris Adams named one of region's top agents

**MEREDITH** — Chris Adams of RE/MAX Bayside has been named one of the top 30 agents in New England for May, 2019, according to RE/MAX International. Chris has lived and worked in the Lakes Region for over twenty-four years and has been with RE/MAX Bayside since 2016. He has extensive experience as a real estate investor.

Adams says, "Integrity, respect, service and teamwork are my core values and I and extremely excited to have received this recognition."

"Chris has been an integral member of our team and is more than deserving of this recognition," said Rob Wichland, Owner/Broker.

In addition to excelling in the real estate industry, Adams actively supports the Boys & Girls Club of the Lakes Region and is a member of the Mayor of Laconia's Human Relations



COURTESY PHOTO

**Chris Adams**

Committee.

RE/MAX has nearly 90,000 agents worldwide and continues to lead the industry in top markets with cutting-edge technologies like the comprehensive property search engine on [www.remax.com](http://www.remax.com) and RE/MAX University, which provides associates with award-winning programming, coaching and training.

**About RE/MAX Bayside**  
RE/MAX Bayside is a locally owned and op-

erated full-service real estate brokerage located in Meredith and Laconia, New Hampshire. Founded in 2008,

the brokerage has 25 Realtors® and specializes in both residential and commercial real estate. RE/MAX

Bayside is a proud supporter of Children's Miracle Network Hospitals® along with SEE **ADAMS** PAGE A9

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## ELF, JR.

(Continued from Page A1)

taking the stage for the first time is nine-year-old Dani Ruitter of Gilmanon, who plays Elf #1 and a Macy's employee.

"I'm usually really shy and I watched the movie 'Elf' at least 10 times," Dani said.

She said being onstage can be terrifying, but it's

also a lot of fun. She said she likes that when she's playing the part it feels good to know there are people in the audience watching her.

Dani said she has gotten a lot of help and has made at least five friends. She said she wants to be in another play.

SKYT will perform "Elf, Jr." at the First United Methodist Church of Gilford July 12, 13, and 14 at 7 p.m. and on Sunday, July 14 at 3 p.m. Tickets are available at the Streetcar website, /www.streetcarcompany.com, and at the door.

## FOOD FEST

(Continued from Page A1)

ipe selection as well as participating in dozens of cooking and baking sessions in the temple kitchen. Per Committee Chair Stu Needleman, "Our cooking teams have prepared hundreds of servings of the most delectable foods. We have purchased, cooked and hand sliced nearly 200 pounds of everyone's favorite meats and baked dozens of varieties of cakes, cookies and other deserts. But no matter how much we have, everything goes quickly. So, don't be late and risk having your favorite item sold out!"

Along with the homemade favor-

ites the Jewish Food Festival features corned beef, pastrami and tongue from Evan's New York Style Deli of Marblehead, Massachusetts. Evan's meats are cooked on premises, in his restaurant, and dedicated TBI volunteers make the trip to bring these delicacies to New Hampshire. Just added for 2019, fresh bagels will be available to purchase at Food Festival special prices. TBI has partnered with locally owned and family run Winnepesaukee Bay Gulls, located in Gilford and Moultonborough, where bagels are baked daily using

only the finest ingredients. Look for pre-packaged bagels on the bakery table.

On Festival day enjoy your favorite deli sandwich, homemade brisket, corned beef, pastrami, or tongue, on rye or roll, served with coleslaw and dill pickle. Luscious cheese blintzes with strawberry sauce and potato and meat knishes will be hot and ready to eat. Did someone say dessert? A mouth-watering selection of cakes, cookies, pies and traditional sweets awaits you.

There will also be a limited supply of traditional foods to take home and enjoy including blintzes\*, beef brisket\*, meat knishes\*, potato pancakes), matzo ball soup\*, noodle kugel\*, and stuffed cabbage\*, packaged and frozen. Freshly packaged chopped herring and chopped chicken liver will be available as well. (\*Items only available to take home.) All questions may be directed to foodfestival@tbinh.org.

you take home. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com

Cost: \$140 per participant

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

## REC NEWS

(Continued from Page A3)

building your own light post with color effects. Build and design your own brick tower, light it up, play music, and turn on your LED'S. Build your own brick bridge with melody and sound. Construct a brick mammoth, a three level house, and light house. Now it is your time to design, think, and use your inventor's skills. The sky is the limit! All of this

## KIMBALL

(Continued from Page A1)

cottage has been completely renovated.

"Right now, we have some engineers actively looking at the castle and making it structurally stable," Starkey said.

He said the goal is to fully renovate the castle, which depends on several factors such as financial considerations. Starkey said they want to share this property with the community.

"We'd love to have people stay in the rooms and have people come and visit it," Starkey said.

Pending town approval, they also want to hold weddings and events on the property.

Repeated trespassing has been a frequent issue. The property is encircled

by an eight-foot fence that is clearly marked with No Trespassing signs. People have climbed and cut the fence to get on the property, a number kicked in doors to get in the building. He said sometimes people will go in just to see the inside of the castle, others have vandalized the property and left graffiti. A lot of people go in to hang out and drink.

"We found some kids in there with alcohol unfortunately," Starkey said.

Starkey said he estimates that 44 arrests have been made ever since they put cameras on the property.

They took the issue to the media and Star-

key said the trespassing slowed down after a report on WMUR in April. Since then there have been only two arrests.

Starkey said they want to restore the property and open it up in the future. All of the trespassing is a big safety issue.

"We appreciate people staying out of it at this time," Starkey said. "In the future when it's done we'll gladly open up to the public."

The project will go to the Gilford Planning Board around late summer or early fall.

Starkey said they have gotten "overwhelmingly positive feedback" from across the Lakes Region and across the state.

## GUNSTOCK

(Continued from Page A1)

Coaster or the Scenic lift and get \$20 off a Summer Flex Pass or a Flex 360 Pass. Residents can also enter into a raffle for a prize. Proof of residency is required.

Gunstock will host its first ever Summer Carnival this Saturday, July 13 from noon-4 p.m. All day, families can enjoy horse drawn carriage rides, face painting, kids crafts, an animal workshop by the Squam lake Natural Science Center, a drum circle, a Tie Dye Shirt station (bring your own tee or buy one for \$5), carnival food, and more. The carnival is free for everyone.

Volunteers are sought for the BRATTS Volunteer Work Day on Saturday, July 20. The Belknap Range Trail Tenders BRATTS will be working

to maintain the hiking trails from 8:30 a.m.-3 p.m. doing work such as constructing water bars, installing rock steps, quarrying stone, and digging gravel. BRATTS will provide tools; volunteers are asked to bring lunch, work gloves, and boots. Another work day is scheduled for Saturday, Aug. 3.

Starting on Saturday, July 20, Gunstock will be offering Natural History Carriage Rides. Guests will take a ride on a horsesdrawn carriage and learn about the flora and fauna of Gunstock and hear about its history. The carriage rides will run from 3-7 p.m. leaving every half hour and each ride is around 30 minutes. The rides are \$20 per guest with a limit of 11 people per ride.

Every Saturday in July Gunstock offers a Summit Traverse Tour for hikers. From at 3-5 p.m., hikers will take a ride to the Gunstock summit on the Panorama Chairlift then take a hike around the Belknap Ridge Trail from the Gunstock Summit to the summit or Mount Rowe. This hike is for beginner to intermediate hikers. The group meets at the Mountain Sports Center at the Stockade Lounge. The tour is \$32 per person and people are asked to call 293-4341 to reserve a spot. Guests are asked to wear closed toed shoes, bug spray, sun protection, a rain jacket, reusable water bottle, and snacks.

Mountaintop Yoga continues every Saturday and Sunday morning with an hourlong yoga class at the summit. Meet no later than 8:45 a.m. at the Panorama Chairlift, which will take guests to the summit at 9 a.m. Classes are geared to beginners, though everyone can participate. Guests are asked to bring their own yoga mats if they can as there are a limited number of mats available. The drop-in rate for each class is \$20, it is also included in the Summer Prime Pass and the Gunstock 360 Pass. Flex Pass holders can take part at \$50 percent off.

For more information on Gunstock's summer events, programs, and packages, visit www.gunstock.com.

## STRATEGIES

(Continued from Page A4)

God, need not be. A righteous and holy God gave of Himself in the person of His Son, Who took on Himself the penalty divine justice demands for our sin. In the words of the Apostle Paul, "The wages of sin is death but

the gift of God is eternal life through Jesus Christ, Our Lord." Jesus died in our place, assuming the death we deserve, that we might enjoy, even in the here and now, a dynamic relationship with God.

In light of my own

spiritual experience, it is difficult for me to understand why accepting God's authority is such a difficult decision for so many. I will grant that welcoming Jesus Christ as the Lord of our lives may demand changes to our lifestyle, but God never takes more than He gives in return. The peace that comes from knowing your sins have been forgiven, the sense of God's presence in your life, and the assurance that heaven awaits, beats anything this life has to offer.

For further thought, follow me at indefenseoftruth.net.

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## Edward Jones: Financial Focus

### Life Events Can Lead You to See a Financial Advisor

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

**New job** – When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have

questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

**Marriage** – Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment

styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

**New child** – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some col-

lege-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

**Career change** – You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer's plan? Or perhaps you should roll over the money into an IRA? A financial advisor can help you explore these options

to determine which one is most appropriate for your needs.

**Death of a spouse** – Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

**Retirement** – Even after you retire, you'll have some important investment decisions to make. For one thing, you'll need to

establish a suitable withdrawal strategy so you don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone – a financial professional can help you find the answers you need.

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



**Devon Sullivan**  
Financial Advisor  
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## HERBS

(Continued from Page A6)

history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated

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summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit [www.prescottfarm.org](http://www.prescottfarm.org).

## ADAMS

(Continued from Page A7)

many other local and regional charities, and is located at 208 Daniel Webster Highway, Meredith and 604 Main

Street, Laconia, New Hampshire. To learn more, please visit [www.BaysideNH.net](http://www.BaysideNH.net).

## SHAKESPEARE

(Continued from Page A5)

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1400 for more information about the premiere not-for-profit Continu-

ing Care Retirement Community in the Lakes Region.

## PET OF THE WEEK

## CODY



Cody is a handsome 1 year old bulldog mix that came to us through southern transport. He currently knows sit and down, and is very food motivated and ready to learn. Cody is currently looking for an adult-only home, may be picky about his dog friends, and may chase cats. He will need lots of love from his adopters, and someone willing to put in some training with him.

Please come and see Cody, you may just fall in love! Check [www.nhhumane.org](http://www.nhhumane.org) or call 524-3252 for more information.



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## REQUEST FOR PROPOSALS

**REMOVAL & DISPOSAL OF DAY TANK WITH REPLACEMENT BY A FABRICATED FUEL RESERVE**

**FARMINGTON SCHOOL DISTRICT**

The Farmington School District-SAU 61 is currently seeking public bids from qualified companies to provide removal and disposal of day tank with replacement by a fabricated fuel reserve. Contract to begin July 2019. Deadline for bid submittal is July 16, 2019 at 3:00 PM. Bid materials, including the Bid Specifications are available on the district website: [www.sau61.org](http://www.sau61.org) or you may request a copy via email using the contact information below.

Bids may be submitted either electronically or as paper sealed bids. **All bids must be received no later than July 16, 2019 at 3:00 PM.**

If you have any questions, please contact Larry Gordon, Facilities Director, at 603-369-5533 or by email at: [lgordon@sau61.org](mailto:lgordon@sau61.org).

## Frank H. Donovan 5K

## Drake Field, Pittsfield



**August 4, 2019**

Affordable race - just \$20 for preregistration / \$25 day of race, and only \$10 for kids 12 and under! 20 minutes from Alton

Info about the race and course map at [suncookvalleyrotary.org](http://suncookvalleyrotary.org)

Proceeds benefit the Frank H. Donovan Scholarship Fund. 1277361

Sign up for the race at [lightboxreg.com](http://lightboxreg.com)!

9:00 am start at the bridge on Barnstead Road.

Cash prize for the top male and female runners.

T-shirts to all participants registered by July 15th!

**USATF Certified Course Walkers welcome!**

## REQUEST FOR PROPOSALS

**REQUEST FOR PROPOSALS**

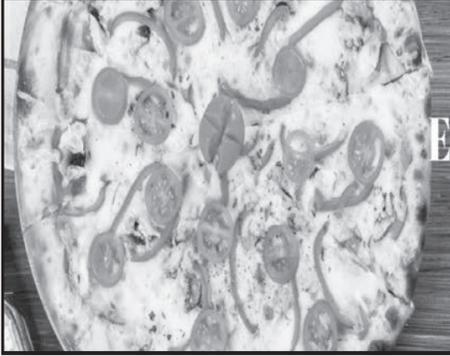
**REMOVAL, DISPOSAL, AND REPLACEMENT OF FREEZER AND WALK-IN COOLER**

**FARMINGTON SCHOOL DISTRICT**

The Farmington School District-SAU 61 is currently seeking public bids from qualified companies for removal, disposal, and replacement of freezer and walk-in cooler. Contract to begin July 2019. Deadline for bid submittal is July 16, 2019 at 3:00 PM. Bid materials, including the Bid Specifications are available on the district website: [www.sau61.org](http://www.sau61.org) or you may request a copy via email using the contact information below.

Bids may be submitted either electronically or as paper sealed bids. **All bids must be received no later than July 16, 2019 at 3:00 PM.**

If you have any questions, please contact Larry Gordon, Facilities Director, at 603-369-5533 or by email at: [lgordon@sau61.org](mailto:lgordon@sau61.org).



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**BEFORE**

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

**DURING**

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

**AFTER**

- Throw out unsafe food

[www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)

 Who to Call
  Where to Meet
  What to Pack

Ready

# Belknap Mill Society presents Kids in the Park program

LACONIA — Kids in the Park, a new program being offered by the Belknap Mill and sponsored by Laconia Kiwanis began Monday, July 1 with a Workout in the Park. Kids of all ages enjoyed movement ac-

tivities in Riverside Rotary Park under the supervision of Janine Page and Trish Tryon from the Downtown Gym.

The Kids in the Park series focuses on fun, interactive activities for Lakes Region chil-

dren and their families while enjoying one of Laconia's most beautiful public parks. The program runs every Monday, Wednesday, and Friday in July offering a different program each day. Program calendars



COURTESY

Janine Page from The Downtown Gym leads kids in a fun and energetic workout in Riverside Rotary Park in downtown Laconia. Activities are open to the community every Monday, Wednesday and Friday in July. For more information contact the Belknap Mill at 524-8813.

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can be found online at [www.belknapmill.org](http://www.belknapmill.org), the Belknap Mill Facebook page, in Laconia Links and in hard copy at the Belknap Mill. All activities will be held rain or shine. In cases of inclement weather, the activity will be moved inside of the Mill. Kids in the Park is a free community program, and all are welcome to attend. Children must have adult supervision.

Partners for the 2019 series include the Downtown Gym, Cassandra Prescott (Yoga), Cactus Head Puppets, Ben Low (Tai Chi), Donna Miller (Petals in the Pines – a Certified Nature Explore Classroom), Beyond the Belt, Laconia Kiwanis, Rob Duquette (music), Jennifer MacDonald (Jazzercise), Squam Lakes Science Center, Tekla Frates (Yoga), and Frates Creates (magic & storytelling).

For more information regarding Kids in the Park, other

programming or the Belknap Mill, please contact Tara Shore at [operations@belknapmill.org](mailto:operations@belknapmill.org), call 524-8813 or follow us on Facebook.

The Belknap Mill Society is a 501(c)(3) nonprofit organiza-

tion whose mission is to preserve the Belknap Mill as a unique gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement.

## Music Festival performers at Taylor Community, July 14

LACONIA — The 2019 Taylor Concert Series, sponsored by the Bank of New Hampshire continues Sunday, July 14 at 3 p.m. in Taylor Community's Woodside Building with New Hampshire Musical Festival Performers Elizandro Garcia-Montoya on clarinet and George Lopez on piano. Music will include selections by George Gershwin and Leonard Bernstein. This free event is open to the public.

Garcia-Montoya hails from Costa Rica and is a nationally sought after chamber and orchestra musician. He completed his Master's degree at Rice University; earned a Bachelor's degree from Baylor University and a Professional Studies Diploma from the Cleveland Institute of Music. He teaches clarinet privately

and at the British School of Chicago.

Lopez, the Robert Beckwith Artist-in-Residence at Bowdoin College, has been a performer and educator for more than 25 years. Born in Brooklyn, he spent his childhood in Belize, before his family moved to Texas, where he began playing the piano at age 11. Last year, he toured Philadelphia, New York City, Seattle, the Bay Area and Mexico, as well as making his first visit to Cuba to give master classes and concerts with the Arries Trio.

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**Questions? [kasia@santbani.org](mailto:kasia@santbani.org)**  
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## SPORTS



COURTESY PHOTOS

## Champs

Gilman Youth Organization softball Majors and Minors teams won their league championships with Lakes Region Softball. The GYO teams include girls from Gilman and Gifford. Left photo is the Major League team, coached by Bob McKenna, Michelle Heyman and Dave Smith. Back row (l to r), Maddie McKenna, Cassie Gard, Kaegan Sanville, Bridget Wilcox, Natalie Clay, Ella Poire, Jovie Smith. Front row (l to r), Millie Caldon, Elise Bartley, Hunter Bell, Triaunna Dyer, Kendal Heyman. Right photo is the Minor League team, coached by Sara Akerstrom and Elizabeth Macaione. Front row (l to r), Payton Brown, Isabelle Dow, Mia Macaione, Stella Pickowicz. Back row (l to r), Piper Keith, coach Elizabeth Macaione, Grace Scott, Sydney Moorehead, Avery Pickowicz, Kate Taylor, Marissa Leighton, coach Sarah Akerstrom and Lucy Akerstrom.

## Another weekend, another win for Nor'Easters 18u softball

COREY MCKEAN

Corey@salmonpress.news

WATERVILLE, Maine — It was another strong weekend for the 18U Nor'Easters softball team out of Laconia as they traveled to Waterville, Maine to compete in the Blue Demon Softball Tournament on the weekend of June 28. The Nor'Easters would tally back to back wins in pool play early on Saturday to advance to tournament play late on Saturday and into Sunday. The Nor'Easters earned an 11-3 win over the Eastern Braves of Prince Edward Island late Saturday, advancing to the semifinals on Sunday where they toughed out an 11-9 win over last year's champion, Maine Frost. All other games after 12 would be canceled due to rain on Sunday, and with no declared winner, the 18U Nor'Easters

had the best record in the tournament at 4-0 on the weekend.

"What an experience for our players with our games being played at Colby College, all artificial turf. This was a different type of tournament format than what we normally play but our first bracket game against the Eastern Braves from Prince Edward Island was fun, they were a young team and well coached," said Nor'Easters coach Fern Beaudet. "Our players saved their best game for last, we got great pitching from Ella Harris and Sam McCann and catching from Maddie Reeves was also great. We got three homeruns by our team with McCann having one and (Hope) Drake-Duval having two, the last one being a big blow in the fifth inning, a grand slam to

seal the 11-9 victory."

The 18U Nor'Easters cruised through their first three games of the tournament, picking up an 8-0 win in six innings over Main Illusion, a 9-1 victory in six innings over Madison Maine, and an 11-3 win in six innings over the Eastern Braves of Prince Edward Island, giving them a 3-0 record heading into Sunday.

On Sunday, the Nor'Easters got just one game in before the rain relayed every other game that day. They would battle last year's champion, Maine Frost, where they grinded out an 11-9 victory.

It was a neck and neck battle throughout as Frost took an early 4-3 advantage after the three innings while the Nor'Easters came back to take a 7-6 lead after four innings, getting

huge hits by Drake-Duval (Profile) and McCann (Berlin).

Maine Frost responded with a pair of runs in the top of the fifth to take the lead back, 8-7, but the Nor'Easters came right back with four runs in the bottom of the fifth, getting a clutch grand slam by Drake-Duval to take the lead back, 11-8.

In the top of the sixth, Maine Frost tacked on one more run, bringing the score to 11-9, but it wouldn't be enough as the Nor'Easters hung on for the 11-9 victory.

The 18u Nor'Easters were led by Drake-Duval on the weekend, batting .642 with four homeruns and 12 RBIs while McCann batted .600 with two homeruns and 10 RBIs. Profile's Maddie Reeves and Sadie Young also had strong weekends as Reeves batted .454 with five RBI's and

Young .357 with an RBI.

McCann also pitched three games giving up only one total earned run on only one hit all weekend with four walks and 14 strikeouts. Ella Harris (Gifford) pitched two games giving up only four earned runs on 12 hits, four walks and 13

strikeouts.

The 18u Nor'Easters will play again on the weekend on July 12 as they travel to Bow for Comets Turn 2 Softball Tournament.

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# Bicycle Hillclimb registration spots still available

**PINKHAM NOTCH** — The 47th annual Mt. Washington Auto Road Bicycle Hillclimb is looking for a few more riders — particularly for riders who can make this ultra-steep climb in just one gear. This year the historic bike race will award cash prizes not only to the overall winners but also to the first man and first woman to complete the Hillclimb on fixed-gear bikes, with the additional bonus of a gift card from State Bicycle Company.

The race's organizers announced that anyone who has registered for the Hillclimb can receive a 50 percent discount on the registration fee for the Mt. Washington Century, the scenic and challenging 109-mile ride around northern New Hampshire's Presidential Range three weeks before the Hillclimb.

The 2019 Mt. Washington Auto Road Bicycle Hillclimb will take place on Saturday, Aug. 17. Registration remains open until the field reaches its capacity of 635 riders. Riders can sign up at <https://www.bikereg.com/mwarbh>.

Hillclimb entrants may also participate in the practice ride, held on July 14 and limited to 300 riders. The Mt. Washington Century, open to anyone, will take place on July 27.

While the world's top professional cyclists prepare for this year's Tour de France, amateur riders can look forward to pedaling up the one New England mountain that matches the Tour's most difficult ascents for steepness, length and intensity. The Mt. Washington Auto Road rises 4,650 feet in the course of its 7.6 miles, constantly uphill at an average grade of 12 percent. (For comparison, the steepest portion of the fabled Col de Galibier in the Alps is 10 percent.)

For any cyclist still debating whether or not to tackle Mt. Washington this year, these new incentives should be enticing — and so should the newly expanded prize structure for top finishers. As in previous years, the first male and female finishers will each win \$1,500, but

this year a cash prize of \$750 will also go to the second-place male and female riders and \$500 to the man and woman in third position on the awards podium.

The other significant addition to the Hillclimb this year is the prize of \$500, plus a \$250 gift card from State Bicycle Company, for the first man and first woman to complete the race on fixed-gear bikes. With only one front and one rear chain sprocket, fixed-gear bikes cannot coast, hence the riders are always pedaling. On the Mt. Washington Auto Road, however, riders on multi-gear bikes normally are pedaling the whole way anyway. The advantage of the fixed-gear option is a much lighter bike. The disadvantage is that the rider cannot shift gears to adjust to the road's variable grade, which reaches 22 percent as it approaches the finish line at Mt. Washington's 6,288-foot summit.

The guiding spirits of State Bicycle see Mt. Washington as an excellent place to promote

their view of cycling. As the company web site puts it, "State Bicycle is passionate about fixed gear cycling and its emerging culture. Our commitment to supporting both the local rider and the greater riding community is the reason why we're in this business."

The July 14 practice ride is an opportunity for Hillclimb entrants to test their preparedness and familiarize themselves with the Auto Road. Questions about registration or the practice ride may be sent to [joliver@tiumountain.org](mailto:joliver@tiumountain.org).

The Mt. Washington Century, billed as

the most challenging 100-mile ride (it's actually 109 miles) in New England, makes the circuit of the Presidential Range, starting and finishing at the Tin Mountain Conservation Center in Albany. Riders in this spectacular July 27 event may begin their ride any time between 6 and 8 a.m.

The Mt. Washington Auto Road Bicycle Hillclimb and the Mt. Washington Century are the main annual fund-raising events for the Tin Mountain Conservation Center, which provides environmental and recreational education for children, schools and families in communities

in the White Mountains and the Mt. Washington Valley. Of the \$350 entry fee for the Hillclimb, \$150 helps to cover the cost of staging the race. The balance is a tax-deductible charitable contribution to Tin Mountain's programs. This year, riders have the option of registering for \$150 and then raising the remaining \$200 in donations. The entry fee for the Mt. Washington Century is \$140 for individuals, \$175 for a family. Cyclists who are already registered for the Hillclimb may register for the Century at half price.

## Prouty returns to Upper Valley this weekend

**HANOVER** — The 38th annual Prouty will take place on July 12 and 13. It is a two-day athletic event that raises funds to benefit Dartmouth-Hitchcock Norris Cotton Cancer Center (NCCC), one of 49 National Cancer Institute-designated Comprehensive Cancer Centers in the country, and the only one in northern New England.

The Prouty™ began in 1982 when four NCCC nurses, inspired by the courage of their patient, Audrey Prouty, committed to cycling 100 miles through the White Mountains of New Hampshire.

Nearly 90 cents of every dollar raised stays at Norris Cotton Cancer Center to fund cancer research seeking better ways to diagnose, treat and prevent cancer. Research conducted here makes a difference in the lives of cancer patients all over the world. Money raised also funds patient supportive services that help ease the way for patients and families struggling with cancer.

As founding nurse Patty Carney says, "Everyone knows an Audrey Prouty."

Prouty lost her nine-year battle with ovarian cancer in August 1982. Four of her nurses, Carney, Cindy Spicer, Heather (Adams) Klassen, and Catherine (Hallisley) Shannon, inspired by her courage, committed to cycling 100 miles through the White Mountains of New Hampshire to raise money and awareness for cancer research. That first ride raised \$4,000. Since then, The Prouty has raised more than \$33,000,000. The Prouty attracts more than 4,000 participants, 1,100 volunteers and 150 corporate sponsors.

The Prouty is the signature event of The Friends of Norris Cotton Cancer Center, whose mission is to raise money and awareness for this nationally recognized cancer facility. NCCC has 15 locations throughout New Hampshire and Vermont to reach patients close to home.

## Barnstead Firefighters Association 5K Aug. 17

**BARNSTEAD** — The Barnstead Firefighters Association is pleased to announce its eighth annual 5K Road Race and Fun Walk to start at the Barnstead Parade grounds on Aug. 17 at 9 a.m.

The course is an "out and back" that follows the Suncook River from the Parade to the intersection with Route 126 and then returns to the Parade along the same route for the finish. The race course is USATF certified for accuracy and is considered flat and fast. Refreshments will follow the race.

Proceeds from this year's race will benefit the Barnstead Firefighters Association.

Pre-registration must be received by Aug 13 to receive a discount. Registration forms are available at [www.bfr06.com](http://www.bfr06.com), by e-mail at [bfa5kroadrace@gmail.com](mailto:bfa5kroadrace@gmail.com) or by calling 312-5648. Online registration is also available at [www.running4free.com](http://www.running4free.com). Race day registration will also be available.



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# Flock of Golden Eagles earn baseball All-State

BY BOB MARTIN  
Bob@salmonpress.news

GILFORD – The Gilford High School baseball team put together a fantastic season that brought the team to the semifinals, and these All-State players were key parts of why the Golden Eagles were so successful in 2019.

## Isaac Wallace

Isaac Wallace was named first team All-State and has been considered one of the best first steps in Division 3 for at least two years running. Prior to the start of this season, Wallace also suffered a broken figure that threatened him missing much of the season. Fortunately he missed only five games and being a main part of the team's offense and pitching.

He batted .351 and played near flawless first base for the Golden Eagles. When on the mound he was among the best a 4-0 record, 0.96 ERA in 22 innings, striking out 22 batters. Wallace threw a complete game win over Bishop Brady in the quarterfinals this year.

Wallace said it was an honor to be named two years in a row, especially after nearly missing the season with an injury.

"I came back knowing this was my last bit of high school ball and had to play with a purpose," said Wallace. "Our team had a great season, of course not ending the way we hoped, but all in all I've never had a better bond with a group of people before. It was a great experience. I'll never forget this team."

Wallace is playing on the Concord Cannons this summer and will be heading to NHTI in the fall where he hopes to continue playing baseball. He was also selected to play the Twin State Senior Games.

## T.J. Carmilia

In his junior season, catcher T.J. Carmilia was named first team All-State.

"He had a monster

year leading the team in almost every offensive category," said coach Eric Duquette, who added he was the emotional leader of the team.

Carmilia batted .554 with 31 hits, seven doubles, a triple and 26 RBIs. He caught 18 of the team's 19 games this season and did a did well blocking balls, calling games and throwing out runners. He showed power and timely hitting right from the first game of the season.

Carmilia said coach Duquette pulled him aside during a winter workout and told him "this is your year." He took it to heart and believe this was his year to break out, and did just that. He said he was disappointed in his previous two years but knew he could progress.

"I knew that I could always be the player I was this season, and this year I finally just put it all together, and I was there to finally contribute for our team," Carmilia said.

Carmilia felt he played best during the quarterfinals against Bishop Brady. He said the team was looking forward to the game all year, as it was a rematch from last year's playoffs where Bishop Brady upset the Golden Eagles. He said it was "the best feeling in the world." The team had the slogan "unfinished business" on its practice shirts, and he said this was a big part of it.

Carmilia said the goal for next year is all about bringing home the state title.

"Next year is the year we have to get it done," Carmilia said. "There's no more excuses. I'm coming out more motivated than ever and it's the same way with the rest of the guys. We have too many talented ball players on this team to not bring that championship home, and I expect nothing less."

## Cody Boucher

Boucher was the starting right fielder for the Golden Eagles, play-



Isaac Wallace was named first team All-State for the second straight year in his senior season.

BOB MARTIN

ing flawless defense en route to a second team All-State season. He was also very good at the plate with a .327 batting average, 17 hits and five doubles. As a relief pitcher he had a 1.05 ERA.

"It was very unexpected and humbling to be named All-State this year especially since so many of my teammates had such great seasons," said Boucher. "There were several others who could've had my spot and I'm honored to have been chosen."

## Alex Muthersbaugh

Third team All-Stater Alex Muthersbaugh just wrapped up his senior season and made a huge difference on the mound going 4-0 with a 0.51 ERA. He allowed only 15 hits in 28 innings while striking out 29 batters. Muthersbaugh also played some great short-stop and hit .300.

Duquette said he will miss Muthersbaugh's versatility and knowledge of the game. He added that when times were tough for the team due to injuries, Muthersbaugh's contributions were huge.

"When Isaac was out early, Alex stepped up big time in a starting pitching role and



T.J. Carmilia had a huge year at the plate and was named first team All-State.

BOB MARTIN

carried the team," said Duquette.

Muthersbaugh was happy to be recognized for All-State and said the team worked so hard year-round, which is why the Golden Eagles have so many nominations.

"The ironic thing about our team is because of how great our depth was, we were always competing with each other for the spots which says big things about our program and the talent of our guys," said Muthersbaugh.

Muthersbaugh is attending Lakes Region Community College in the fall and will be playing juniors for hockey.

## Ben Muthersbaugh

He may have only been a freshman, but Ben Muthersbaugh proved early that he could play at a high level and he was named third team All-State. He had a .385 batting average and showed that he could take on the best pitchers in Division 3. He played all over the diamond in what coach Duquette called "a tremendous

year."

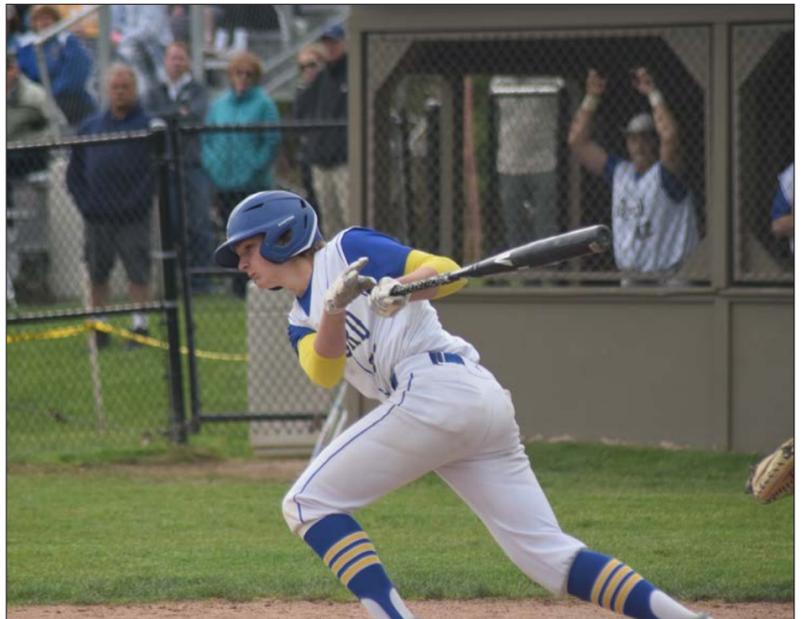
Muthersbaugh admitted that as a freshman he wasn't sure how he would fit in with the team. However, the upperclassmen took it upon themselves to make him feel welcome and feel part of the Golden Eagles from day one. He said he has been playing baseball with many of these players for years.

"I took it upon myself to get better day in and day out, whether it be a practice or a game," said Muthersbaugh. "I wanted to keep my spot."



Cody Boucher didn't commit a single error in right field and was second team All-State.

BOB MARTIN



Ben Muthersbaugh broke into the varsity scene well as a freshman and was named third team All-State.

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Alex Muthersbaugh was lights out on the mound during his senior season and was third team All-State.

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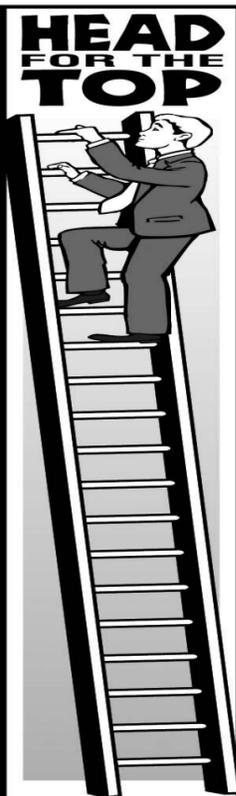
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## Alton Central School Alton, NH "2019 N.H. K-8 School of Excellence"

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This is a 179 day, 30 hours per week position with competitive wages and paid time off. Experience working in a school food service program is preferred. Please submit a letter of interest, copies of transcripts (if applicable), and three current letters of reference to: <https://www.applitrack.com/altonk12/onlineapp/>

**Deadline July 31, 2019  
or until filled  
EOE**



## JOB OPPORTUNITIES

### \*SIGN ON BONUS!

- Full-Time \*RNs with two years' experience or \*MT / MLT

### Additional Full-Time Opportunities

- Radiologic Technologist
- Coding Supervisor
- Ultrasound / Echo Technologist

### Part-Time Opportunities

- Perioperative RN
- Hospital Information Clerk

### Per-Diem Opportunities

- Certified Surgical Technician
- ED Technician
- RN
- LNA
- Unit Secretary
- Perioperative RN
- Patient Access Representative

**APPLY ONLINE  
WWW.UCVH.ORG**

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

EOE

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and have your help wanted ad  
in 11 papers next week!



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Live and work on the beautiful Navajo Reservation, near national parks and forests, canyon country, ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

## Emergency Physicians CAREERS

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- Loan Repayment Program through NHSC
- \$25K Sign-on bonus

To learn more about Tuba City Regional Health Care Corporation, call Alex Bitsui, HR Recruiter at (928) 283-2432 or (928) 640-3135, e-mail at [alex.bitsui@tchealth.org](mailto:alex.bitsui@tchealth.org)

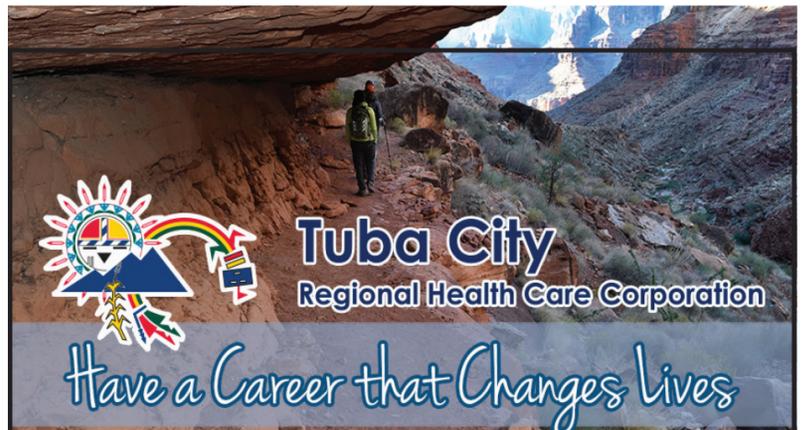
[WWW.TCHEALTH.ORG](http://WWW.TCHEALTH.ORG)

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Call 1-877-766-6891  
[www.NHFrontPage.com](http://www.NHFrontPage.com)



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The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

## Job Opportunities

### Open Until Filled Nursing

- Director of Pediatric Unit
- Director of Oncology
- Lead Clinical Nurse
- Clinical Nurse (ER, ICU, ACU, Oncology, OR, PACU, Pediatric, Same Day)
- Nurse Case Manager

### Allied Health

- Director of Pharmacy Services
- Adv. Pharmacist I/II - Oncology
- Certified Pharmacy Technician
- Endocardiographer/Sonographer
- CT Technologist (Dual)
- Medical Technologist
- Phlebotomist

### Medical Staff

- Deputy Chief of Emergency Services
- Endodontist
- Hospitalist
- Internist
- Nurse Midwife
- Physical Therapist
- Physician (Emergency, OB/GYN, Family Medicine)

### Positions Close on 06/21/2019 @ 5:00 pm

- Accounts Receivable Specialist I/II
- Ambulatory Care Program Director
- Call Center Lead
- Call Center Manager
- Certified Medical Assistant
- Contract Specialist
- Corporate Compliance Technician
- Dental Assistant
- Environmental Services Tech./Maintenance
- Help Desk Manager
- Medical Coder I/II/III
- OR Surgical Technician
- Patient Benefit Coordinator
- Performance Improv./Patient Safety Officer
- Surgical Services Materials Management Specialist
- Telemedicine Services Coordinator

### Positions Close on 06/28/2019 @ 5:00 pm

- Accounting Technician I/II
- Cook (temporary)
- Environmental Service Technician - SPHC
- Patient Access Specialist

For more information visit [www.tchealth.org](http://www.tchealth.org) or contact Human Resources at (928) 283-2432 or [tcrcchr@tchealth.org](mailto:tcrcchr@tchealth.org).

TCRHCC is a Navajo/Indian preference employer. Final candidates selected will be subject to a favorable adjudicated background investigation.

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Team atmosphere. Must be hardworking, honest, and punctual. Must have your own transportation, a clean driving record and own the required tools needed to perform your daily duties. Pay range \$14-\$20 per hour.

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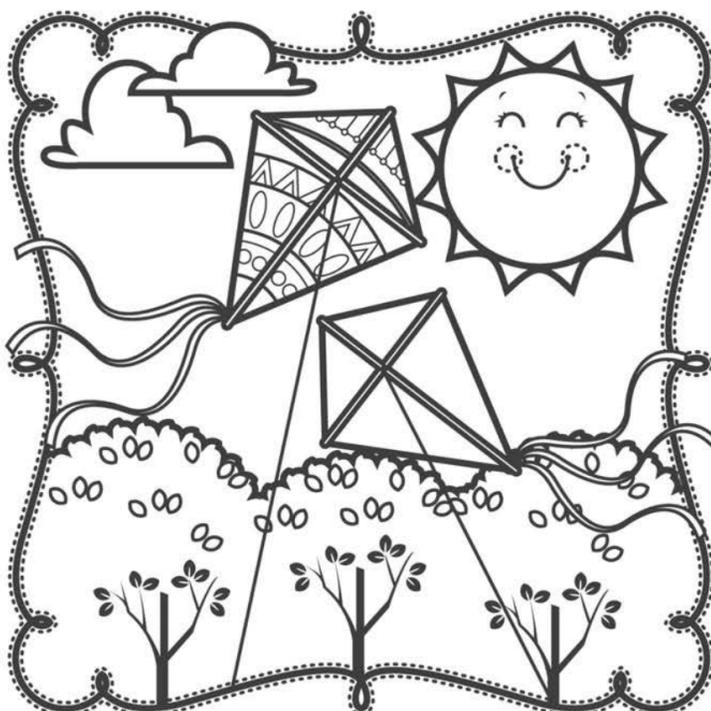
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### Creative Coloring

Celebrate candy and sweets.  
Color in this picture to crete your own masterpiece.



### THIS DAY IN...



### HISTORY

- **1890:** WYOMING BECOMES THE 44TH STATE IN THE UNITED STATES.
- **1925:** THE INDIAN SPIRITUAL MASTER MEHER BABA BEGINS A VOW OF SILENCE THAT WILL LAST FOR 44 YEARS.
- **1991:** BORIS YELTSIN TAKES OFFICE AS THE FIRST ELECTED PRESIDENT OF RUSSIA.



BENEFITTING MEDICALLY FROM SPENDING TIME IN FORESTS AND OTHER GREEN SPACES IS A PHENOMENON KNOWN AS THIS.

ANSWER: FOREST BATHING

### New Word

### PARK

a large, public, green recreation area in a town

### How they SAY that in...

**ENGLISH:** Grass  
**SPANISH:** Césped  
**ITALIAN:** Herbe  
**FRENCH:** Herbe  
**GERMAN:** Gras

### Did you know?

BAKKEN, LOCATED NEAR KLAMPENBORG IN DENMARK, OPENED IN 1583 AND IS BELIEVED TO BE THE OLDEST AMUSEMENT PARK IN THE WORLD.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: JUNGLE GYM SLIDE

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to skin safety. Each number corresponds to a letter. (Hint: 4 = t)

**A. 7 13 1 7 6 17 16 16 1**  
Clue: UV lotion

**B. 13 20 4 17 12 14 9 21 20 16 4**  
Clue: Rays of the sun

**C. 18 12 4**  
Clue: Covers head

**D. 19 17 21 4 16 6 4**  
Clue: Keep safe

Answers: A. sunscreen B. ultraviolet C. hat D. protect

### SUDOKU

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

Level: Intermediate

**Fun By The Numbers**

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

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

ANSWER:



JOSHUA SPAULDING

### State tournament

Evan Guerin fires a pitch during rainy Cal Ripken 12U state tournament action at Colonel Town in Lancaster on Saturday, June 29. Gilford opened the tournament with an 11-0 win over Exeter, then fell 10-2 to Mount Washington Valley to move into the losers' bracket. Gilford's tournament run ended with a 15-1 loss to Lebanon on July 2. The Gilford roster includes Gavin Clark, Mikey Giovanditto, Drew Smith, Evan Guerin, Luke Stafford, Fin Harris, Nehmiah Manon-Marquis, Cole Bertholet, Jack Hazelton, Bryce Turmel, Carson Anthony, Jacoby Baron and Aiden Stafford. The team is coached by Mike Giovanditto, Mike Bryant and Mark Smith.

## Lakes Region hoop camp at PMHS starting July 29

ALTON — Lakes Region Boys' and Girls' High School Basketball Camp will take place July 29 through Aug. 2 from 6 to 8:30 p.m. each evening at the Prospect Mountain High School gym.

The camp is open to boys and girls entering grades nine through 12 and coaching staff is made up of current varsity coaches from Prospect Mountain and other New Hampshire high schools.

Focus points will revolve around offensive strategy, both individual and team. Participants are asked to not wear jewelry and watches and not chew gum. Sneakers are required, shorts and t-shirts are recommended. The camp will have warm up and group drills from 6 to 6:35 p.m., individual player work with coaches from 6:35 to 7:15 p.m., drills and mini competition from 7:15 to 7:45 p.m. and team games from 7:45 to 8:30 p.m.

Checks can be made payable to Joe Faragher, PayPal and/or Venmo are encouraged to secure early registration. Registration will be available at the door if space is available.

E-mail [joefaragher88@yahoo.com](mailto:joefaragher88@yahoo.com) or call 440-821-1381 with any questions.

## Granite Kid Triathlon is July 20

WOLFEBORO — The Wolfeboro Department of Parks and Recreation will be sponsoring the 28th annual Granite Kid Triathlon at Brewster Beach on Saturday, July 20. The triathlon is open to all three to 16 year olds with age categories ranging from 3-5 years to 14-16 years. The course is geared toward the young and upcoming triathlete.

This race is truly a unique event that focuses on encouragement and achievement and also rewards those participants who put forth great determination and perseverance. Parents, friends and family cheer on the participants as young racers discover what they are capable of. The day starts out as bodies are marked with the numbers, swim caps and bib numbers are distributed, bikes are placed in their racks, and the anxiety that precedes the start begins to build. The first wave of swimmers hits the water and the cheers and words of encouragement continue until every last finisher has crossed the line.

The triathlon starts with a swim course that varies in distance depending on the age group. The six and older divisions will do a 1.2-mile bike loop and finish with a 4/5-mile run. The five and under group will bike and run within the perimeter of the beach parking lot. In order to be considered for placement in the triathlon, each contestant must finish each part of the race without assistance. Exceptions will be made for the five and under group. A map of the course is available on the Granite Kid web site, just google "Wolfeboro Granite Kid Triathlon."

The race will start promptly at 8 a.m. at Brewster Beach, which is located on Clark Road in Wolfeboro. Pre-race check-in will start at 7 a.m. and the pre-race meeting will start at 7:45 a.m. The first 75 competitors to register will receive a Granite Kid T-shirt. Registration is available online at [www.wolfeboronh.us/parks-recreation](http://www.wolfeboronh.us/parks-recreation).

Awards will be given to the top three finishers in each age category, male and female in the six-16 race. The five and under will not receive awards, all participants will receive a ribbon in that race. The three-to-five-year old race is a learning race and will follow the model of the older kid race, but they will not be timing it. The children will still receive a bib number and they will collect at the end of the race to teach them the process for the older kid's race.

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