

## GES students bring historical figures to life

BY ERIN PLUMMER  
mnews@salmonpress.news

Third graders at Gilford Elementary School played the parts of numerous historical figures during the culmination of their Wax Museum project.

Third graders did research projects on a number of different notable people. On Tuesday night the kids lined the hallways dressed as the historical figure they did their projects on, giving first person presentations on their subjects' lives.

GES Principal Danielle Bolduc said this is the first time the third graders will do a research project. The project is part of the school's informed writing unit.

Third grade teacher Danielle Vachon said people came into the class from the Gilford Public Library and introduced books on different people the kids might want to research. The students read different biographies and other resources to get ideas for their project, then picked a top three. Vachon said the kids usually get their first choice of historical figures to research,

They did research on their subject and wrote out facts on them. Part of the presentations include a timeline, pictures of their subject, writing an "I Am" poem about their subjects, an dressing as their subjects.

"The kids, they put in a lot of time and effort into it, and it really shows," Vachon said.

Bolduc said the third graders really put in a lot of work into their projects.

The project is an annual tradition that has gone on for many years. Vachon said past students will come in and see the projects being done today.

Ripley Kiedaisch did her project on Naomi Parker-Frawley, who is believed to be the real inspiration for Rosie the Riveter.

"I think she's awesome," Ripley said. "She helped women's rights in working."

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PHOTOS BY ERIN PLUMMER

Ripley Kiedaisch plays Rosie the Riveter.

## Hearing held on parking ban

BY ERIN PLUMMER  
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This week, the Gilford Board of Selectmen held a public hearing on banning roadside parking around what has become a popular hiking spot at the request of residents.

Wednesday evening, the board held a hearing to ban roadside parking along Wood Road and Bickford Road (the hearing occurred after press time). Residents of four of the six properties in that area submitted a petition to the board of selectmen calling for parking to be banned in that area, saying roadside parking is a hazard and impacting their properties.

The area is a dirt road with six houses on it, it also has a trailhead into the Belknap Range with a lot with enough space for five cars. At the April 3 selectmen's meeting, resident Jack Kelly said

up until a few years ago, only Gilford residents knew about that trailhead and parking wasn't an issue. In the past two years, however, word about the area has spread on social media with the listing that parking is available at the site. As a result, Kelly said they get close to 20 cars a day down the road, which has blocked his and his neighbors' driveways. He said he has seen license plates from places like New York, Massachusetts, and Maine parked along that road.

Kelly said he and his neighbors have put up No Parking signs around their properties, but they haven't had a way to enforce them. He said they have called the police and told that they should call a private tow truck. Tow truck operators that come out have

said they are really not in that business.

"It leaves us with nothing we can do," Kelly said.

He said four of the six homeowners on that street have signed a petition.

Board Chair Richard Grenier asked whether the problem would reoccur somewhere else if No Parking was declared in that area. Town Administrator Scott Dunn said he didn't know what would happen if people found that lot full.

"I think after a few cars are towed, people will get the hint," Dunn said.

Grenier said that can go up on social media as well.

Kelly said that trailhead is also accessible from Gunstock's parking lot less than a mile

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## Francoeur field to get new warning track

BY ERIN PLUMMER  
mnews@salmonpress.news

Francoeur Field is closer to getting a new warning track after approval by the selectmen and many volunteer efforts by Gilford Cal Ripken.

During the April 3 meeting, the selectmen voted to allow Gilford Cal Ripken to put the warning track on the field. A warning track is a strip of dirt or gravel beyond the grass of the field to let players know they are running out of space between the field and the outside limits.

This effort will be done with volunteer efforts and funded by donations and sponsorships.

Mike Ryan, vice pres-

ident of Gilford Cal Ripken, said they put in new dugouts on the field last year. Now they want to put on a warning track, which will be an extra safety factor for the players.

Ryan said he and Gilford Cal Ripken president Mike Giovanditto want to bring more players from other communities to the field, especially a district tournament. He said other teams are looking at Gilford and currently they are the defending champions for District 6.

Ryan said they have reached out to donors and local businesses to help with this project.

Board Chair Richard Grenier expressed some concern about the desire

to bring in more players from other communities.

"The town owns that. It should be available for townspeople," Grenier said. "I'd hate to have that so unavailable because of tournaments and stuff that the citizens can't go down there and use it once in a while."

Town Administrator Scott Dunn said the usual procedure would be to go through the Recreation Commission first for their review before it's brought to the selectmen. Dunn said that isn't possible with the timing of the request, however, so the matter was taken right to the selectmen.

SEE WARNING PAGE A10

## Streetcar presents "Shrek" this weekend



PHOTOS BY ERIN PLUMMER

Fiona (Adrianna Williams) meets her rescuer Shrek (Cory Chapman) in Streetcar's production of "Shrek."

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH — A green ogre, sassy princess, donkey sidekick, and cast of fairy tale characters will be taking the stage this weekend for Streetcar company's production of "Shrek."

"Shrek" will be presented at the Inter-lakes Community Auditorium this Friday through Sunday after months of hard work and a lot of pushing by company members.

Director J Alward said this show was one cast members have been requesting for years. When new shows have been announced, she said cast members have immediately asked it

if will be "Shrek." She said she didn't want to do this show, though eventually listened to the score and changed her mind.

"It won me over, so here we are," Alward said.

Alward said she isn't that familiar with comedy, though the cast has really been learning a lot about it. She said building the comedy has been a collaborative effort.

Alward said the cast has worked really hard on this show and developing their own characters.

For the first time the music is all from recordings as their usual accompanist Phil Bretton wasn't able to do the

show. Alward said they sent the music home with the cast members to work on.

Cory Chapman of Concord plays the lead character, Shrek, a character he said he relates to on a personal level.

"Me and the character don't really have much difference: pretty closed off to the world and we have to open up to somebody eventually," Chapman said, saying he and Shrek have had times when they realized the world isn't as bad as they thought.

Chapman, who is originally from Gilford, has been working with Streetcar for the past

SEE SHREK PAGE A10



Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Few people are ‘good with money’ innately. The good news is that money smarts are learnable. MoneySmartWeek.org will tell you about how the week originated in Chicago and expanded by the American Library Association to help people of all demographics and wealth to manage their money better. It’s worth remembering that, despite what your credit score might suggest, it is never too late to learn how to better manage your money. No matter how much money you do or don’t have, the sooner you improve your mon-

ey choices, the sooner your money situation will improve. Money Smart Week is the perfect opportunity to learn how. MoneySmartWeek.org/learn is a place to start online. They have straightforward resources explaining personal finance concepts and suggesting best practices. The Library collection is another great place to look. We try to find accessible resources for a variety of experience and wealth levels, including extreme debt. Jill Schlesinger’s new book “The Dumb Things Smart People Do With Their Money: Thirteen ways to right your financial wrongs” talks about

mistakes that people make throughout their life. Looking at the list, readers immediately see a few mistakes they’ve already made, but also a few they haven’t made yet. Books like hers help to both get you back on your feet and to avoid mishap in the future. Gaby Dunn’s “Bad With Money: The imperfect art of getting your financial sh\*t together” has similar advice, but it’s written in an entertaining and relatable way. Reading these books can be relieving, in that they don’t judge the reader for the position their in, but they offer real advice for making changes.

Addressing problems in bursts works for some people. If you are the kind of person who likes to go on diets, or exercise programs, or cleanses, then you might like the books that make the financial health analogy. “The Financial Diet: A total beginner’s guide to getting good with money” by Chelsea Fagan self-describes as “...the personal finance book for people who don’t care about personal finance”. Unfortunately, those of us who don’t enjoy money management don’t have the luxury of ignoring it. “The Financial Diet” can help get your finances organized and understood in terms that a lay person can use. Ashley Feinstein Gerstley’s “The 30-Day Money Cleanse: Take control of your finances, manage your spending, and de-stress your money for good” plays on the fad-diet style of health, but the focus on mental health in regards to personal finance can be exactly what some readers are looking for.

Whichever resource you look to, it’s never too late to learn about smart money practices. Start making changes today

to make the rest of your life safer, stress less, and possibly even solvent.

Classes & Special Events  
April 25-May 2

Thursday, April 25  
Geri Fit, Turn Back the Hands of Time, 9-10 a.m.  
Master Trainer, Francesca Fisher, and star pupil “Joan” work out together in this 45-minute Geri-Fit® fitness video. Suggested for advanced Geri-Fitters that have excelled the squat movement and are ready to add more weight to the workout. Most of the exercises are performed in chairs, but you can do them standing if you prefer. No floorwork!  
Conversational French, 4-5 p.m.  
Foreign Movie Night, 7-8 p.m.  
This month’s movie is “A Separation,” a PG-13 Iranian drama movie.

Friday, April 26  
Preschool Storytime, 10:30-11:30 a.m.  
Social Bridge, 10:30 a.m.–12:30 p.m.  
Knit Wits, 1:30–2:30 p.m.  
Conversational German, 2:30-3:30 p.m.

Monday, April 29  
T’ai Chi Chih, 9:45-10:45 a.m.  
Nancy Frost, a T’ai Chi Chih certified teacher, will lead an eight week course at the Gil-

ford Library. With 19 stand-alone movements and one pose, T’ai Chi Chi is beneficial to all, and easy to learn. Join us for the T’ai Chi Chih eight-week course to focus on the development of intrinsic energy (Chi), increase your energy, balance, flexibility and stamina.  
Mahjong, 12:30-3 p.m.  
Geri Fit Classic, 4-5 p.m.  
Join us for a video-led fitness class for adults over 65. Twice a week, work on your strength, stamina, and balance, following exercises from a video, all while seated in a chair.

Tuesday, April 30  
Geri Fit: Hop & a Skip, 9-10 a.m.  
Proprioceptive exercises are mixed in with the traditional Geri-Fit evidence-based workout lesson plan to further enhance motor skills, reaction time, and balance. This is a perfect video for fall prevention training and is suggested to those that are familiar with the Geri-Fit exercises and are seeking a more challenging workout.

Hook Nook, 10-11 a.m.  
Social Bridge, 10:30 a.m.-12:30 p.m.  
Stuffed Friend Tea, 10:30-11:30 a.m.  
Come bring your favorite stuffed animal for a tea party!

Wednesday, May 1  
Line Dancing, 9-10:30 a.m.  
Check Out an Expert, 10 a.m.-noon  
Lakes Region Fiber

Artists and Crafters, 10:30 a.m.-1 p.m.  
Come work on your art and fiber crafts! Rug hooking, latch hooking, quilting, needle felting, and any other fiber crafts are welcome to join in! Meets every Wednesday. Find us on Facebook. Lakes Regions Fiber Artists and Crafters.  
Geri Fit Classic, 4-5 p.m.  
See ‘Geri Fit Classic’ above.

Thursday, May 2  
Geri Fit, Turn Back the Hands of Time, 9-10 a.m.  
Master Trainer, Francesca Fisher, and star pupil “Joan” work out together in this 45-minute Geri-Fit® fitness video. Suggested for advanced Geri-Fitters that have excelled the squat movement and are ready to add more weight to the workout. Most of the exercises are performed in chairs, but you can do them standing if you prefer. No floorwork!  
Special Guest Storytime: Mindful Moon with Ann Biese, 10:30-11:30 a.m.  
In celebration of the 100th Anniversary of Children’s Book Week author Ann Biese will come hold a special story time with her newly published book Mindful Moon. Come dressed as your favorite character, enjoy a story, songs, movement and snack! (ages two to 11)  
Homeschool Game Club, 1:15-2:30 p.m.  
Teen Game Club, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Take Back Day offers safe way to dispose of prescription drugs

BY DONNA RHODES  
dhrhodes@salmonpress.news

REGION – The DEA’s Drug Take Back Day in New Hampshire is slated for this Saturday, April 27, and residents are encouraged to take a look in their medicine cabinets and sort out any medications they are no longer using or that have passed their expiration date. Those the no longer need or want can then be dropped off at any one of the many disposal sites available throughout the state on that day. Police officials will be accepting any tablets, capsules or dry packet medications at the drop off sites but they cannot take any liquids, needles or syringes. The DEA offers a few tips for those who have liquids or syringes to dispose of however. Syringes, whether

used or unused, should have the tips carefully snapped off then placed in a solid container before being thrown away. Some drug stores will also accept syringes, which are then placed in their sharps container to be destroyed. People should check with their pharmacist before bringing them to the store however. Another suggestion for unwanted liquids is to pour them into a plastic bag filled with old coffee grounds, kitty litter or any similar substance. Once the bag is sealed, it can then be thrown safely into the trash. Medications should never be poured down a sink or flushed as they could contaminate the local water system. People do not need to be a resident of a town to utilize any of the drop-off locations and all items are collected unanimously then sent to an incinerator where they

are destroyed. This Saturday, unwanted medications will be accepted from 10 a.m. until 2 p.m. at any of the following police stations in central New Hampshire: Ashland, Belmont, Bristol, Laco- nia, Meredith, Moulton- borough, New Hampton, Northfield, Plymouth, Sanbornton, Thornton, Warren and Waterville Valley. In addition, of- ficers from Franklin and Tilton will host a drop-off site at the CVS parking lot, located on Central St. by the Frank- lin/Tilton town line, and Gilford will accept medications outside the CVS store on Lakeshore Road in their communi- ty. In Sandwich, police will be on hand to collect medications at the town transfer station. For more informa- tion or to check for other locations in the area, please visit www.des. nh.gov.

Gilford Public Library  
Top Ten Requests

- “Where the Crawdads Sing” by Delia Owens
- “The Silent Patient” by Alex Michaelides
- “The Miracle at St. Andrews” by James Patterson
- “Educated” by Tara Westover
- “Redemption” by David Baldacci
- “Wolf Pack” by C.J. Box
- “Becoming” by Michelle Obama
- “The Cornwalls Are Gone” by James Patterson
- “The First Lady” by James Patterson
- “The Chef” by James Patterson

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# Gilford Parks and Recreation News

BY HERB GREENE

Director Gilford Parks and Recreation

Senior Moment-um Scattergories Game Day on Monday, April 29 The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, April 29. We will meet in the Gilford Community Church's Fellowship Hall at 11:30 a.m. for a fun afternoon of game playing. Coffee, tea and water will also be provide. Participants are asked to RSVP by Friday, April 26. To RSVP or for more information, please contact the Gilford Parks and Rec. Department at 527-4722.

Bolduc Park Golf Programs The Gilford Parks and Recreation Department is offering a variety of golf programs at Bolduc Park through the spring for children and adults. Youth and Adult Lessons are available at Bolduc Park in

two, three-class sessions during the evenings this May and June. The session dates for youth lessons for ages 6 and up are; May 7, 14 & 22 and June 4, 11 & 18. The session dates for adults are; May 9, 16 & 23 and June 6, 13 & 20. Classes run from 5:30-7 p.m. each evening.

Cost: Youth Lessons - \$70 Adult Lessons - \$70 All programs have limited availability and registrations will be accepted on a first come first served basis. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

LEtGO YOUR MIND Robotics Camps The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of June 24 - June 28, 2019. The camps will take place at the Gilford Middle School from 9 a.m. - 3

p.m. The "Amusement Park Thrill Rides & Stop Motion Animation" is open to children ages 6-9 years of age and the "EV3 Robotic Amusement Thrill Rides & Stop Animation/Minecraft" is open to children ages nine to 14 years of age. Participants can register on-line at [www.letgoyourmind.com](http://www.letgoyourmind.com). Cost: \$325

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

Shooter's Gold Basketball Camp The Gilford Parks and Recreation Department is once again inviting the Shooter's Gold Basketball Camp to come to Gilford this summer! The camp will be held in the Gilford Middle School Gym from June 25 - June 28. Session 1 for children entering grades 1-4

will be run from 8 - 10 a.m. Session 2 for children entering grades 5-8 will be run from 8 a.m. - 1 p.m. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at [www.hogancamps.com](http://www.hogancamps.com) <<http://www.hogancamps.com>>

Cost (If you register before May 1): \$90 for Session I and \$120 for Session II For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Tickets available for Red Sox bus trip on Sept. 4 The Gilford Parks and Recreation Department will be sponsoring a bus trip to watch the Red Sox at Fenway Park this season. The trip is scheduled for Wednesday, September 4th to see the

Red Sox play the Minnesota Twins. Travel to and from the game will be provided aboard a Coach Company, Luxury Coach fully equipped with climate control, DVD Video System and Lavatory. This trip is limited to 53 partici-

pants, so register early! Cost: \$52 per person or \$190 for a four-pack For more information, please call the Gilford Parks and Recreation Department at 527-4722.

## Gilford Community Band starts rehearsals

One of the first signs of summer is the first rehearsal of the Summer Music Series for the Gilford Community Band. This series has been ongoing since the last century (actually 41 years). Rehearsals will begin on Tuesday, May 14, and continue on consecutive Tuesdays until Aug. 20. The rehearsals will be from 7 until 8:30 p.m. in the Gilford High School music room. Entrance is through the rear doors to the Gilford Performing Arts Center (aka the auditorium). The band's volunteer membership is open to all aspiring musicians ranging from experienced musicians to beginning music students. It is especially worthwhile for school students as it gives them a chance to continue their music education during the summer. The band will be directed by long-time Gilford High School Music Director Lyvie Beyrent for the first half of the season, and then by the present Belmont High School Band Director Lauren Fountain for most of the second half of the season. The summer concert series will begin on Wednesday July 3 (the popular Independence Day special with strawberry shortcake), and continue at 2 week intervals on July 17 and 31, and on Aug. 14 and 27. The Annual Gilford Home Day Parade will be on the morning of Saturday August 24 and will conclude with the evening concert and fireworks. For further information, please email Lyvie Beyrent at [lbeyrent@sau73.org](mailto:lbeyrent@sau73.org).

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## Katherine Gingrich recognized as LVC Student-Athlete

ANNVILLE, Pa. — Katherine Gingrich of Gilford is one of nearly 200 student-athletes who competed for the Flying Dutchmen during the Winter 2018-19 sports season. Gingrich, a graduate of Gilford Middle High School, is pursuing a bachelor of science in chemistry in ACS chemistry at The Valley.

Gingrich was a member of the women's swimming team. The Flying Dutchmen post-

ed a 3-6 overall mark in 2018-19. At MAC Championships, Courtney Betsock was stellar in her preliminary swim of the 200-yard breaststroke. She swam it just under seven seconds better than her seed time to break the all-time LVC mark, a record that stood for over 24 years.

A member of the National Collegiate Athletic Association (NCAA) Division III, American Collegiate Hockey Asso-

ciation (ACHA), Eastern College Athletic Conference (ECAC), and Middle Atlantic Conference (MAC), Lebanon Valley College offers 26 sports. More information about LVC athletics is available at [godutchmen.com](http://godutchmen.com).

About Lebanon Valley College

Lebanon Valley College offers Bachelor's degrees in the arts and humanities, business and communications, educa-

tion, health professions, social sciences and psychology, and science, technology, engineering, and math. Advanced health professions degrees include a master of athletic training, a master of speech-language pathology, and a doctor of physical therapy. Online and graduate programs include an MBA with four concentrations and a general option offered on-campus or partially or fully online, a Master of Science in STEM Education, an Integrative STEM Education Certificate, a Master in Music Education, and a Modern Band Certificate. In 2018, the College was listed as #1 in the country for graduate job placement by the career guidance site Zipia.com, using federal data. The 357-acre campus is in Annaville, Pa.

## Author lecture: Margaret Porter, "Beautiful Invention"

LACONIA — Hollywood beauty. Brilliant inventor. The incredible story of a remarkable and misunderstood woman. Hedy Kiesler, Austrian actor of Jewish heritage, scandalizes Europe with her nudity in the art film "Ecstasy." Her hasty marriage to a wealthy munitions merchant disintegrates, as he grows increasingly controlling and possessive. Even worse, he supplies deadly weapons to Hitler's regime.

She flees her hus-

band and homeland for Hollywood, where Louis B. Mayer transforms her into Hedy Lamarr, an icon of exotic glamour. Professional success clashes with her personal life as marriage and motherhood compete with the demands of studio and stardom.

Motivated by the atrocities of WWII, Hedy secretly invents a new technology intended for her adopted country's defense – and unexpectedly changes the world. Join us, as Author Mar-

garet Porter shares "Beautiful Invention," Monday, May 6 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

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



# OPINION

## NORTH COUNTRY NOTEBOOK



JOHN HARRIGAN

The town road crew winged the snow back to make room for more snow or just expose what was already here to the sun. For a while it looked sort of like the Himalaya, but a few days later, the peaks were gone.

## Here’s the dirt on gravel: A road that turns into mud

I live on a dirt road. Some people prefer calling it a “gravel” road, but the reality is that there’s always going to be a certain amount of clay in it, which can turn even the best gravel into dirt. The common terminology, ever since I was a little kid, has been “dirt.” If you say “gravel” you can be accused of putting on airs.



By JOHN HARRIGAN  
COLUMNIST

Sometimes it takes you almost a lifetime to figure things out. Clay, for instance, is nothing more than finely ground silt, the grinding machine being the glaciers, which for centuries ground ledges and rocks into stones, pebbles and silt. To me, the fact that we can find any deposits of clear gravel at all, given the vagaries of silt, is a minor miracle.

When the meltwater from the glaciers slowed down, as in a broad and gently dropping valley, much of the fine silt settled to the bottom. The tremendous weight of succeeding layers of gravel compressed the silt into clay. This is the clay the Coashaukees used to paint their faces, and the settlers used to make bricks.

Here and there, layers of silt in hills and ridges created what the earth science people call perched water tables. Much of the rainwater and snowmelt on the hill I live on emerges as springs and seeps at fairly predictable elevations, often far from its source. As a close-by example, water from a briefly saturated water table once bubbled up each spring smack where a neighbor’s driveway meets the road. I think it went away after the town fixed most of the classic mud holes by putting frost mats down, worthy of another story itself (oh, for the drama and impromptu stuck-in-the-mud parties of yesteryear).

+++++

There are certain rules on manners and behavior that apply only to dirt roads. They are not written down anywhere that I know of. Some of them may date from horse and buggy days.

Today, the volume of vehicles and the way they pound up and down the road make pot-holes a sure thing. One who prefers not to wreck his suspension, exhaust and possibly his motor-mounts is entitled to slow down and wander all over the road to steer around the pot-holes.

Tailgating in such a situation (i.e., following too closely) is considered even ruder than usual, sending the message, in effect, “My time is more important than yours,” or maybe “Someone else is paying for this vehicle,” yet it happens. This is when it makes sense to just pull over and wave them on by.

Even these days, when so many manners seem to have fallen by the wayside, they usually wave back to say “Thanks” as they roar by. Somehow, mad as I am about the tailgating, I feel bad when they don’t.

+++++

It is next to impossible to keep a vehicle clean if you live on a dirt road, even when your vehicle is garaged, or in my case, barned. The implausibility of cleanliness seems a small thing when compared to the privileges of living on a dirt road, which for some reason I cannot bring to mind at the moment.

A friend stopped by the other day and mentioned, amid tales of other adventures, that he’d gone down below the notch a week or so ago.

Colebrook probably has a big enough trading-area population to support a car wash but doesn’t have one, so he had stopped in Lancaster to wash his truck. He was going a long way south, all the way to Massachusetts. Imagine. “Down there, people are apt to point at you and stare if your vehicle is dirty,” he said.

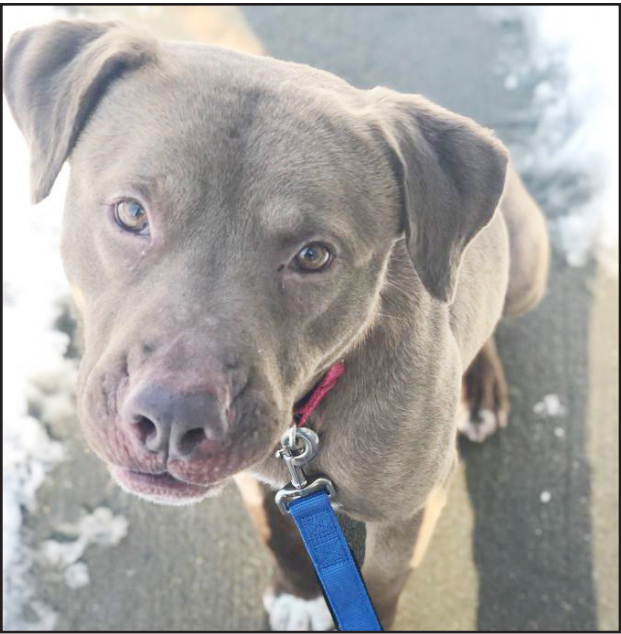
I had never heard that one. But a bit earlier, I’d seen a story about safety officials cracking down on farm kids driving tractors, so I guess anything is possible.

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

## Pet of the Week: Drummer

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

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



## MARK ON THE MARKETS

### Incomplete risk assessments



By MARK PATTERSON

More times than not, assessing a potential new client portfolio, I see a mix of mutual and exchange traded funds. Some of these are managed mutual funds that carry a high expense and some low-cost exchange traded funds, typically to cover the bond allocation. The question to my potential new client is rhetorical in the sense that I kind of know the answer before I ask. I ask them if they answered a risk questionnaire. They often say yes, and tell me they were a 6 or 7 out of ten. The S and P 500 risk is about 7, on that scale. When I drill down further with questions

that identify how much of their portfolio they could potentially lose via market risk, interest rate risk, credit risk and sequence of returns risk, the profile changes dramatically. Then we may discuss the purpose of the portfolio that is not at all addressed in a risk assessment. You must understand that the retail financial advisor community is directed by the broker-dealer that in my opinion, uses risk profiles to cover their brokers, but does not go far enough into risk, other than market risk and certainly doesn’t address the real purpose of those assets being profiled.

Most of us understand market risk, especially with the equity markets having been on a tear over the last year. But many of the portfolios I see involve bond funds or bond ETF’s. These funds are perpetual, in other words, have no maturity date. If interest rates go up, bond values go down

and you lose money. As an asset manager, I use individual bonds that pay a coupon rate that is steady and sustainable, as well as predictable with a maturity date, so we can manage the income needs of the client while immunizing the portfolio against interest rate risk. We can mitigate, but not eliminate credit risk by using only investment grade bonds. We can assess a real risk tolerance and manage the market risk by using some conservative option strategies. Sequence of returns risk is then managed because we have managed or mitigated the other risks we already discussed!

We at MHP Asset Management use a software program that can give us a good first blush at our client’s true risk profile, but even that is not as effective as discussion with the client about the true purpose of the investments and assets. From that point on we can determine the

purpose of the assets in the portfolio. We design portfolios with conviction and purpose, and because we are the asset managers, you will never pay a “relationship” fee! What that means to the client is that your portfolio will be crafted for the client’s needs and true purpose, and by doing that, the client will have a true risk and needs portfolio that works just for them. We are a fiduciary advisory that works for our clients, not a broker-dealer. Our specialty is portfolio design, implementation and management. Our clients work with the manufacturer of the portfolio, not the retailer with their additional cost mark-ups. Experience the difference of having an actively managed portfolio that can adjust to market conditions.

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

## COMFORT KEEPERS

### Signs of alcohol abuse in seniors

By MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Many of us enjoy having a cocktail with friends or drinking a glass of wine with dinner. For seniors, with a doctor’s approval, this doesn’t have to change. However, it’s important to be aware of the ways that alcohol can physically affect older adults, and how the signs of alcohol abuse look different for seniors that suffer from the negative effects.

As we age:  
How we process alcohol changes - Slower metabolism can cause alcohol to stay in the body for longer periods of time. Also, having less muscle mass means alcohol stays in the blood for a longer period, prolong-

ing the effects.

Being intoxicated feels different – Seniors have a lower tolerance to the effects of alcohol. Intoxication typically happens more swiftly and lasts longer than in someone younger.

Older adults are more likely to have other conditions made worse with alcohol consumption – Health conditions more common in seniors can be made worse with alcohol use. Seniors are also more likely to be using medications that should not be mixed with alcohol.

Some seniors may discuss their personal situation with their physician, and find they are able to consume alcohol without any health issues. However, those that may have a problem

with alcohol can exhibit the following signs and symptoms:

- Feeling ill-tempered when not drinking
- Sleep difficulties
- Sustaining injuries while intoxicated
- Drinking to fight depression or anxiety
- Loss of appetite
- Developing social or financial problems related to drinking
- Lying about drinking habits
- Poor hygiene
- Drinking against the advice of their physician or healthcare provider

There are many programs in place that can help seniors that are abusing alcohol, and research shows that programs are more effective when they are targeted to people in this age group. If you think someone may have a drinking problem, encourage them to reach out for help.

Comfort Keepers® can help

It’s hard to stay connected to loved ones that live far away, and the trusted care team at Comfort Keepers can help. Our caregivers can provide companionship and wellness support, remind clients to take

medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. As part of an individualized care plan, caregivers can let a senior’s care team know if there are changes in behavior or physical characteristics. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

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

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E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We’re looking forward to hearing from you!



# Participants sought for annual Quilt Show

LACONIA — The Belknap Mill Quilters Guild is seeking interested quilters to participate in the 42nd Annual “Harvest of Quilts” Quilt Show, Oct. 5 & 6 at the Gilford Community Center in Gilford.

The quilt show draws visitors from all over New England and beyond. Entry and image submission deadline for possible inclusion in the 2019 quilt show is Friday, July 19 to be included in the booklet, not in the booklet, but registered for the show, Aug. 16. If you are interested in entering your quilt, please use our online registration at <https://www.bmqg.org/>

bmqqgreg.html. There is a \$10 registration fee for non BMQG members.

The Guild was founded in 1978, with the first quilt show held in October of that year. Currently the monthly meetings are held at the Beane Center, 35 Blueberry Lane, Laconia, scheduled for the second Wednesday of each month. Membership is open to any individual. The goals of the Guild are to foster the fiber arts by presenting workshops, classes, and demonstrations and to provide its members with the basics of quilting, as well as the newest techniques and art forms available. Last

year they provided organizations such as “Comfort Quilts,” with a donation of 130 quilts; the CORE program, at Belknap County Jail received 16 quilts, the Interlakes Christmas Fund was presented 75 quilts for distribution to children and families in need. Finally, the Spaulding Youth Center in Northfield, receives a new twin bed size quilt for every student that attends.

If you are interested in learning more about the Belknap Mill Quilters Guild you may contact them at: BMQG, PO Box 6174, Laconia, NH 03247 or [info@bmqqg.org](mailto:info@bmqqg.org).



COURTESY

## Taylor Community welcomes the Chocolate Doctor



Professor Michael Cross

LACONIA — Do you have a sweet tooth for chocolate, but worry about the side effects? Despite the possibility of over-indulging, chocolate has a wide range

of physical and mental health benefits, according to Professor Michael Cross, a self-proclaimed chocolate lover and chemistry professor at Northern Essex Com-

munity College, Haverhill, Mass.

He will explain this and more during a lecture entitled “Chocolate: The Secret Indulgence.” Monday, May 1 at 6:30 p.m. in Taylor Community’s Woodside Building. This free event is open to the public and comes courtesy of the Northern Essex Community College Speakers’ Bureau. The audience will learn what a perfect treat chocolate is and the various ways it affects the human brain. Chocolate samples will be included!

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

## All are welcome at Central VNA’s Service of Remembrance

WOLFEBORO — Central New Hampshire VNA & Hospice invites all members of the community to join us for our Annual Interfaith Service of Remembrance on Sunday, May 19 at 4 p.m. at the First Congregational Church, 115 South Main St. in Wolfeboro. This annual service welcomes anyone grieving a loss to join with friends, families, and neighbors of all ages to remember and celebrate our loved ones.

A beloved highlight of this annual service is the Tides of Harmony Choral Group, a team of Central VNA & Hospice volunteers who sing individually and in small groups with clients and families throughout the year. Along with this music of comfort and hope, readings and words of solace and remembrance will be offered by hospice volunteers and staff and local community members.

The service is open to all, whether you have been connected to hospice or not, and whether you are connected to a faith tradition or not. It will run from about 4 to 5pm and will be followed by a reception with light refreshments and opportunities for connection. For more information, please contact Dan Kusch, Bereavement and Spiritual Care Coordinator, 524-8444 or [dan@centralvna.org](mailto:dan@centralvna.org)



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Call 569-2151 or visit [www.wfriendsofmusic.org](http://www.wfriendsofmusic.org).

## Grief, Neighbors and Walking Each Other Home

LACONIA — In the later decades of our lives, we all walk a path that includes the loss of loved ones and neighbors. Yet, we don’t have to walk this path alone. To borrow the title of a wonderful book by long-time friends Ram Dass and Mirabai Bush, we’re all “Walking Each Other Home.” We bear witness to the joys, sorrows and stories of our lives, helping each other hold a spiraling mix of grief, love and hope. How do we nourish our neighbors and ourselves during these times? How do we taste and share joy and wonder along this path? What does it mean to walk each other home?


Join us Monday, May 1 at 2 p.m. in Taylor Community’s Woodside Building as Dan Kusch helps answer these questions. Kusch is the Spiritual and Bereavement Care Coordinator at Central New Hampshire VNA and Hospice, facilitating bereavement support groups at Taylor Community and through the region. This free event is open to the public.

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

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Geraldine Eleanor McKenna, 89

LACONIA — Geraldine “Gerrie” Eleanor McKenna, 89, formerly of Lake Shore Road, Gilford, died at the St. Francis Rehabilitation & Nursing Center, on Sunday, April 7, 2019 with family by her side.

Gerrie was born on June 21, 1929 in Woburn, Mass., the daughter of Walter and Dorothy (Sewell) Fitch.

Gerrie was a music and dance teacher in and Mattapan and Stoughton, Mass. for many years, she was also a youth education director for many churches in Stoughton, Mass. She taught at the Paul A. Dever School, Taunton, Mass., for the mentally disabled. She was an avid self taught piano player.

Gerrie retired to New Hampshire to Lakeshore Park, Gilford, where she had been vacationing to since she was two years old. She was known as the “frog lady” and the “egg lady” and ran the frog races for 50 years, she also ran the egg hunts, lollipop tree, children’s weekly dances, field days and cookouts. Gerrie worked for Ames Farm, Gilford as an administrative assistant and activities director for many years. She was an active volunteer for many organizations, in-



Gerrie McKenna

cluding the after school grandparent program for Pleasant Street School and the Gilford Public Library.

Gerrie was a member of the Gilford Community Church and the church choir and she was the coordinator for the before and after school program. She had previously been a member of the Unitarian Universalist Church of Stoughton, Mass.

Gerrie is survived by two sons, Bruce McKenna and his fiancé, Beverly Geyer, of Tilton and Peter J. McKenna of Holiday, Fla.; a daughter, Debra J. Marcotte, and her husband, Russell, of Columbia; five grandchildren (Brianne Siepiola, Tyson McKenna, Brittini-Linne McKenna, Shawn Hall, and Leighanne Marcotte); two great grandchildren

and many nieces and nephews.

In addition to her parents, she was predeceased by her husband, James E. McKenna; brothers Raymond Fitch and Robert Fitch; and by her sister, Norma Connors.

There will be no calling hours.

A Memorial Service will be held on Sunday, June 2, 2019 at 1 p.m. at the Gilford Community Church, 19 Potter Hill Rd., Gilford, with a Reception to follow in the Fellowship Hall.

The family would like to thank all the staff at the St. Francis Home for their genuine support and care of Geraldine.

For those who wish, the family suggests that memorial donations may be made in Geraldine’s memory to the St. Francis Home-Activities Fund, 406 Court St., Laconia, NH 03246 or to the Gilford Community Church, 19 Potter Hill Rd., Gilford NH 03249.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

Clifton H. Buswell, 79



Cliff Buswell

LOCHMERE — Clifton “Cliff” H. Buswell, 79, died peacefully surrounded by family Friday, April 12, 2019 at the Belknap County Nursing Home.

Cliff was born on July 8, 1939 in Plymouth, the son of Harold and Minnie (Waldron) Buswell.

Cliff was an automobile enthusiast, and always had a passion for them. He could name the year, make, and model of any vehicle, as far back as the first car made. For many years he and his father sold cars for their business, H.W. Buswell & Sons, in Tilton.

Cliff also worked many years for Stafford Oil before owning and operating Buswell’s Auto Detailing along with his wife, Arlene. They worked side by side for many years.

In earlier times, Cliff was a member of the Tilton Masonic Hall and the Laconia Lodge of Elks. He and his father were the first father and son to join the Tilton Masonic Hall. Cliff has a great sense of humor and loved to tell jokes, especially ones he made up. He loved camping with

friends and family, especially at the ocean. Cliff was a huge NASCAR fan and attended many races. He had a deep love for animals and had many cats and dogs throughout his life. Above all he loved his family dearly. He will be greatly missed.

Cliff is survived by his wife of 43 years, Arlene (Binette) Buswell; two daughters, Cheryl Carter and her husband James of Gilford and Tammie Smith and her husband James of Concord, N.C.; three grandchildren, Michael Carter, Courtney Carter and Dylan Smith; and four great-grandchildren (Tegan, Hailey, Grayson,

and Natalie); his cousin, Barbara Buswell; and many nieces and nephews.

He was also predeceased by his first wife and dear friend, Jill Waite. Cliff was predeceased by his parents.

Calling Hours were held from 2 to 4 p.m. and from 6 – 8 p.m. on Monday, April 22, 2019, at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service was held at 11 a.m. on Tuesday, April 23, 2019 also at the Funeral Home.

For those who wish memorial donations in Cliff’s name may be made to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03247.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

Little Dog Paper Co. featured at next Patrick’s Connect event

Richard George Potter, 47

GILMANTON IRON WORKS — Richard “Dick” George Potter, 47, died at Concord Hospital, on New Year’s Day 2019 from complications of Pneumonia.

Dick was born on Nov. 15, 1971 to Robert L. Potter, Sr. and Nancy (Sanborn) Potter.

Dick leaves behind his mother, Nancy Potter; a brother, Robert L. Potter, Jr.; two sisters, Joan Riel and Janet Breton, and all their families. He also leaves behind his loving dog Willow, as well as all of his Easter Seals supporters.

Dick was predeceased by his father, Robert L. Potter, Sr., and his



maternal and paternal Dick Potter

grandparents.

A Memorial Service will be held on Saturday, April 27, 2019 at 11 a.m. at the Lower Gilmanton Baptist Church, Route 107, Gilmanton.

A party for Dick will follow the service at the family farm on Potter Road, Gilmanton.

For those who wish, the family suggests memorial donations in Dick’s name be made to the Easter Seals of New Hampshire, Attn: Online Giving Coordinator, 555 Auburn Street, Manchester, NH 03103.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant Str., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

GILFORD — Patrick’s Pub and Eatery will host Little Dog Paper Co. at their networking event, “Connect,” on Thursday, April 25 from 5-7 p.m.

Nicole Ayers, owner of Little Dog Paper Co., started the company almost six years ago as an online greeting card and scrapbooking business. Ayers quickly gained notoriety in the stationery industry, having been featured in the Huffington Post and Glamour, among other publications. In March of 2018, Nicole brought her husband Dave on board as her business partner. Together, they moved the operation out of the dining room in their home and into the brick-and-mortar location at 31 A Main St. in Meredith. Since then, the business has grown their card catalog from 35 designs to more than 200. They have assisted the community of Meredith with various graphic design and production products, as well as providing a store that is populated with hilarious cards and funny gifts and stationery products that can appeal to all customers. In addition to their growth and success, Nicole has been one of the top presenters at stationery conventions nationwide for the past year, including the Chicago Planners Conference



COURTESY

Patrick’s Pub and Eatery will host Little Dog Paper Co. at their networking event, “Connect,” on Thursday, April 25 from 5-7 p.m.

and Pinners Minneapolis. As they approach the one-year anniversary of having the Little Dog Paper Company location open in Meredith, the husband and wife team couldn’t be more proud of what they’ve built and the warmth of the people who have embraced their new location and remained loyal online customers as well.

Have some laughs and get to know Little Dog Paper Company at Patrick’s Pub. Enter to win chances for all sorts of prizes throughout the event, including a selection of original Little Dog Paper Company greeting cards and tickets to their hosted paint classes. The grand prize will be a basket filled with more than \$150 of Little Dog Paper Company products carried in the store from Blue Q, Knock Knock, Whiskey River Soap Company, etc. as well as a large selection of their greeting cards. Stay and enjoy the live music with Joel Cage.

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 6 and 7 p.m., followed by live music. An additional grand prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 7 p.m.

For more information on Patrick’s Connect or to register your own business to be featured at an event, call 293-0841 or visit [www.patrick-spub.com/connect](http://www.patrick-spub.com/connect). To learn more about Little Dog Paper Co., please visit [littledogpaperco.com](http://littledogpaperco.com).





## How to Submit Obituaries & Announcements To Salmon Press Publications


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# Service Credit Union opens Laconia Branch

LACONIA — Service Credit Union recently celebrated the opening of its newest branch in Laconia. The grand opening included a ribbon-cutting ceremony with speeches from Service Credit Union President-CEO David Araujo, Lakes Region Chamber President Karmen Gifford and Laconia City Manager Scott Myers.

“We’re thrilled to have the branch here in Laconia and to have your presence here in the Lakes Region. And we’re very proud to have [Laconia Branch Manager] Jennah Wolak on our board of directors,” said Gifford.

“It’s great to see your support in our community,” she continued, noting Service Credit Union’s location in the city’s Veteran Square and how it ties back to the credit union’s support of veterans.

Araujo, himself a veteran of the United States Marine Corps, also cited Service Credit Union’s ties to the military, which date back to the

credit union’s opening in 1957 to serve what is now the Pease Air Force Base community. He also emphasized the credit union’s ongoing commitment to serving veterans and active military members around the world, as well as communities across the state of New Hampshire.

The Laconia branch is the 35th Service Credit Union location in New Hampshire and the 50th branch worldwide. It is open Monday to Friday from 8:30 a.m. to 6 p.m. and Saturday from 8:30 a.m. to 1 p.m.

**About Service Credit Union**

As a dynamic, member-owned, not-for-profit financial cooperative, Service Credit Union is dedicated to offering quality financial services and products. In 1957, the credit union was established to provide affordable credit to the Pease Air Force Base community. Now the largest credit union in New Hampshire, with over \$3.6 billion



Service Credit Union recently celebrated the opening of its newest branch in Laconia. The grand opening included a ribbon-cutting ceremony with speeches from Service Credit Union President-CEO David Araujo, Lakes Region Chamber President Karmen Gifford and Laconia City Manager Scott Myers.

in assets and 50 branch locations in New Hampshire, Massachusetts, North Dakota and Germany, we continue to serve our communities and provide a better future to our members. For more information, visit <https://servicecu.org> or call toll free 1-800-936-7730 in the U.S. and 00800-4728-2000 internationally. Follow us on Twitter at @ServiceCU, Instagram at @ServiceCreditUnion and Facebook at facebook.com/ServiceCreditUnion.

# Rotary Home Show adds many new firsts

ALTON — “We did it,” says Richard Leonard, Chair of the Alton Centennial Rotary 12th Annual Home, Garden and Recreation Show.

“We’ve filled the school gym, and now have expanded by adding more exhibitors in the hallway, cafeteria

and some outside of the school too,” he added. “There’s less than 10 days until the show and any business, large or small, who’d like to take advantage of this great opportunity to reach hundreds of locals, should contact me ASAP at 767-2652, or e-mail: richleonard-

nh@gmail.com to reserve space.”

What promises to make this year’s show the best ever attended is that the Prospect Mountain High School Future Business Leaders of America students are involved. They are bringing in six food trucks and live rock and roll music by the famous Organized Chaos Band.

Also, the students have let the ‘whole world’ know through social media about the show. This includes reaching thousands of their friends and all other high schools in New Hampshire. Other features added this year is a Silent Auction and the start of Rotary’s Annual Art Contest which is ‘Paint a Puppy’. Rotary

will have a booth at the Home Show where anyone, students and adults, wanting to participate can pick-up a plywood cut-out silhouette of a puppy to paint and enter the contest. Both the Silent Auction, the 2019 “Paint a Puppy” contest plus a raffle to win a 58-inch HDTV are to raise funds in support of charity and the Alton

and New Durham Police K-9 corps.

For information on ‘Paint a Puppy,’ contact Duane Hammond, 569-3745; email: [duane@metrocast.net](mailto:duane@metrocast.net).

The Home, Garden and Recreation Show is Saturday, April 27, 9 a.m.- 3 p.m. at Prospect Mountain High School, Alton. Admission is free.

## LACONIA CHRISTIAN ACADEMY HONOR ROLL

LACONIA — Laconia Christian Academy has released its honor roll for the third quarter of the 2018-2019 school year.

- Grade 12  
Jared Bettez, Autumn Hendricks, Paul Naho  
Jesse Wagner
- Grade 11  
Carolyn Bixby, MacKenzie Glines, Noah Longval
- Grade 10  
David Buggingo, Ryann Hendricks, Ian Manning,  
Tobias McKinney, Deborah Umwiza, Derek Wirth
- Grade 9  
Sarah Glines, Rose Hynes, Caleb Longval, Veronica Maksymenko, Grace O’Brien
- Grade 8  
Emma Blake, Emma Desmarais, Katelyn Kilcup,  
Hannah Longval, Emily McLeod, Elsie Rietkerk,  
Amber Stillion, Clarissa Wirth
- Grade 7  
Brycen Allen, Audrey Bond, Ava Hall, Robert Merola
- Grade 6  
Leanne Daigneau, Alyssa Ely, Jillian Mitchell,  
Adelyn Rietkerk, Emma Scott, Levi Swearingin, Aidan Tyrrell, Samuel Ward
- Grade 5  
Ian Blake, Natalie Bleiler, Oliver Bond, Luke Butler

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**May 5th, 2019, 10am to 2pm, at the Pemi Club grounds in Holderness.**

Ammunition must be purchased at this event. No outside firearms or ammo will be allowed.

For travel directions, calendar updates, and all club information go to [www.pemi.org](http://www.pemi.org).

*See you at the club!*

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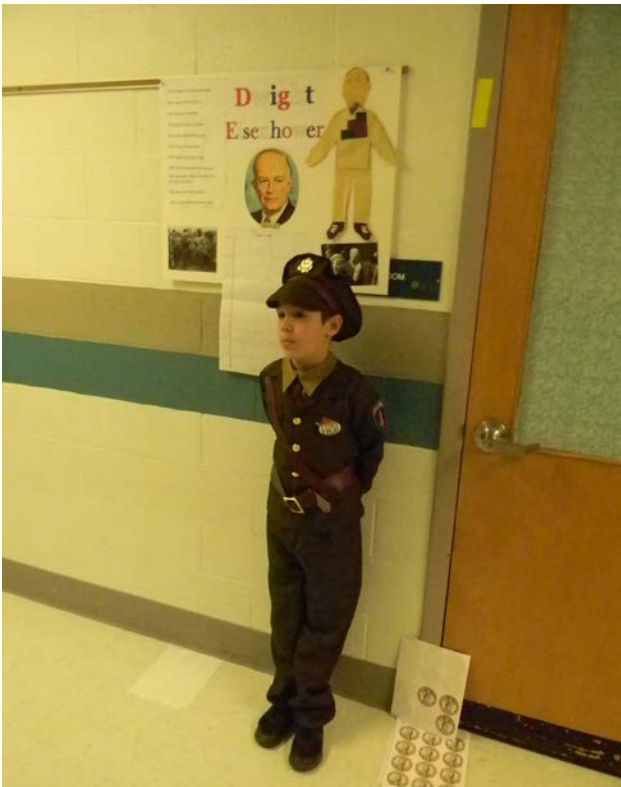


GES

(Continued from Page A1)

Her mom Sage Kie-daish said Ripley has had an interest in Ros-

ie the Riveter since she was little. Ripley wore a Rosie



Ryan Suarez plays Dwight D. Eisenhower.

the Riveter uniform that Sage said was a lucky find on eBay.

“I didn’t even think it existed,” Sage said.

Ryan Suarez did his project on Dwight D. Eisenhower. Ryan said he took up his subject as a president, though he said he learned so much more about him.

“He has a lot of really important facts,” Ryan said.

He said he learned Eisenhower played an essential role in World War II, saying it was fascinating he was in the war. He also served as Chief of Staff and visited Laconia.

Ryan wore a World War II style uniform his dad found online. He also made “I Like Ike” stickers and gave them out to visitors.



Gilford Elementary School third graders line the school’s halls to play the parts of historical figures during the Wax Museum project.

SHREK

(Continued from Page A1)

five years and this is his first lead role, which has made for some nerves. He said he has been getting ready through “lots and lots of practice.” He has also gotten down the classic accent used by Mike Myers in the original movie.

He said this is one of the best casts he has worked with, and everyone really works hard.

Adrianna Williams of Manchester plays Princess Fiona.

“She’s definitely not a princess’ princess,” Williams said.

She said the role has been a bit of a challenge, especially getting Fio-

na’s music and character down.

This is her first show with Streetcar. She has done theater in Pittsfield with a few other Streetcar members. After hearing about Streetcar, she decided she wanted to work with the company.

“I love it; it’s such a great theater crew, a great family,” Williams said.

David Nelson of Gilford plays Shrek’s companion, Donkey.

“He’s very good-hearted, but man, he will not shut up,” Nelson said. “He is really annoying and doesn’t mean to be.

He is full of excitement.”

He said Donkey is also an outcast like the other characters.

Nelson has done a number of other Streetcar shows in the past. he said this might be one of Streetcar’s biggest productions.

“It’s a big cast, and it’s a familiar story so you have to get it right,” Nelson said.

“Shrek” will be presented at the Inter-Lakes Community Auditorium at Inter-Lakes High School Friday and Saturday at 7 p.m. and 2 p.m. on Saturday and Sunday.



Shrek (Cory Chapman) and Donkey (David Nelson) meet Farquaad (Scott Alward).

HEARING

(Continued from Page A1)

from Bickford Road. Kelly said that someone like Belknap Range Trail Tenders (BRATTs) can go on blogs and change the parking information.

“It needs to get out. A couple people need to get a ticket or towed,” Kelly said. “When I ask people not to park abutting my driveway they tell me to

go pound sand and they just keep going.”

Selectman Gus Benavides thanked Kelly for coming to the board, saying if that was his road he wouldn’t have lasted for two months let alone two years. He said it’s incredibly fortunate that there hasn’t been an accident out there.

“I appreciate that you came before us,” Benavides said. “That’s what this us about: helping residents come to a reasonable solution to a problem.”

The board voted unanimously to schedule a public hearing on April 24.



The famous ogre Shrek (Cory Chapman) faces off against the famous fairy tale characters who take over his swamp.

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# Panel sheds light on sexual abuse of those with disabilities

LACONIA — It’s not something that anyone likes to talk about, but the hard truth is that people who experience an intellectual disability are victimized more often than those without a disability. A year-long investigation by National Public Radio found that people with intellectual disabilities are sexually assaulted at a rate seven times higher than those without disabilities.

To shed light on this topic and start discussing ways to arm families, caregivers, edu-

cators and individuals themselves with the information they need to be safe and reverse this trend, Lakes Region Community Services is hosting a panel discussion: “D.E.N.I.A.L – Disability Education Neglects to Include All Life Choices” on Tuesday, May 7 at 6:30 p.m. at the LRCS Main Office, 719 N Main St., Laconia.

“These statistics are an unfortunate reality,” said Lakes Region Community Services President & CEO Rebecca L. Bryant. “Some parents and caregivers avoid

topics around sexual activity and sexual abuse because they don’t know how to address the subject, are uncomfortable, and believe their loved one will not understand. The reason for this panel discussion is to bring together experts in the community who will provide vital information, answer questions and help cut through that natural resistance to meet this issue head on.”

Topics to be covered and presenters include:

- Health Education: Christine Wood-

land, Health Educator, Moultonborough Academy

- Friendship & Dating: Dr. Laurie Guidry, Center for Integrative Psychological Services
- Internet Safety, Detective Lance Rouse, Gilford Police Department
- Sexual Assault & Domestic Violence: Skylor Beery, New Beginnings

All parents, guardians and caregivers are welcome to attend. Participation is free of charge. Please RSVP to:

Sarah Cadorette, 581-1528 or [sarah.cadorette@lracs.org](mailto:sarah.cadorette@lracs.org).

Lakes Region Community Services is a non-profit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families.

A dynamic human services organization, LRCS offers other essential and critical services to individuals in the greater Lakes Region from birth throughout their lifespan. At the

core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit [www.lracs.org](http://www.lracs.org).

# Pickering House Inn announces dining events

WOLFEBORO — Pickering House Inn, a luxury inn located in a newly renovated historic property in downtown Wolfeboro, has announced its schedule of spring and summer 2019 dining events. These events are open first to inn guests and then to the general public.

The spring schedule starts with Demonstration Cooking Dinners on Thursdays and Saturdays from 6 to 8 p.m. in Pickering’s Kitchen, the inn’s cozy gathering kitchen. Led by Patty Roche, Pickering House Inn’s chef and a former instructor at the Stonewall Kitchen Cooking School, a small group of diners pick up food preparation tips and insights while enjoying beverages from a cash bar and a delicious three-course dinner.

The late spring and summer schedule features the return of

Innkeeper’s Suppers, the popular farm table dinners in The Barn at Pickering House that were introduced when the inn opened in Summer 2018. Held most Saturdays throughout the summer, Innkeeper’s Suppers begin with an open bar at 5:30 p.m., before a 6:30 p.m. single seating of a three-course, family-style dinner. Patrons sit at long farm tables, striking up conversations with table mates who often begin as strangers and end the evening as new friends.

Most of the Demonstration Cooking Dinners and Innkeeper’s Suppers are priced at \$65 per person. Higher priced events include a Kitchen Clambake Innkeeper’s Supper, five-course Tamworth Distilling Tasting Dinners and a return engagement from The Farmer’s Dinner, guest chefs specializing in locally

sourced foods.

For menus and ticket details for the following events, please visit [www.pickeringhouse-wolfeboro.com](http://www.pickeringhouse-wolfeboro.com).

APRIL

13: Demonstration Cooking Dinner

25: Demonstration Cooking Dinner

27: Demonstration Cooking Dinner

MAY

11: Mother’s Day Demonstration Cooking Dinner

16: Demonstration Cooking Dinner

18: Demonstration Cooking Dinner

25: Innkeeper’s Farm Table Supper

JUNE

6: Demonstration Cooking Dinner

8: Demonstration Cooking Dinner

20: Demonstration Cooking Dinner

22: Demonstration Cooking Dinner

29: Innkeeper’s Farm Table Supper

JULY



Pickering House Inn, a luxury inn located in a newly renovated historic property in downtown Wolfeboro, has announced its schedule of spring and summer 2019 dining events.

6: BBQ Innkeeper’s Farm Table Supper

13: Innkeeper’s Farm Table Supper

16: Tamworth Distilling Tasting Dinner

20: Innkeeper’s Farm Table Supper

AUGUST

3: Clam Bake Innkeeper’s Farm Table Supper

13: Tamworth Distilling Tasting Dinner

18: The Farmer’s Dinner in The Barn

24: Innkeeper’s Farm Table Supper

SEPTEMBER

7: Innkeeper’s Farm

Table Supper

About Pickering House Inn and its event facility, The Barn at Pickering House, opened in Summer 2018 after a two-year renovation. Located in a completely renovated 1813 historic home- stead, the Inn and Barn offer luxury accommodations and event space conveniently located in downtown Wolfeboro, New Hampshire, an easy walk from Lake

Winnepesaukee, shops, restaurants and outdoor recreation. The Inn features 10 large guest rooms, gathering kitchen, two living rooms, private dining/meeting room, sitting porches and a garden area. The attached 40-by-60-foot restored barn with hayloft includes private bathrooms, heating/ac and a built-in bar. For more information, please visit [www.PickeringHouse-Wolfeboro.com](http://www.PickeringHouse-Wolfeboro.com) or call 569-6948.

## WARNING (Continued from Page A1)

Grenier also said they would prefer to run it by the Recreation Commission so they don’t go over their heads. Benavides said the town does have a prescribed way of doing things to make sure multiple eyes get on it.

Benavides thanked them for this and commended their work as community volunteers. He said while a lot of young people these days seem only interested in video games, this effort is encouraging kids to get outside, active, and building social bonds.

“On behalf of the board, thank you for all your untold hours that you guys go to try to give back to the community,” Benavides said. “It makes Gilford a great place to live.”

Both Grenier and Selectman Chan Eddy echoed that sentiment.

The board unanimously approved a motion to allow the warning track to be built on the field.

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Edward Jones: Financial Focus

Earth Day Offers Valuable Lessons to Investors

On April 22, millions of people will observe Earth Day by participating in events that support environmental protection. As a citizen, you may want to take part in a local celebration. And as an investor, you can learn a few lessons from the themes of Earth Day. Here are a few of them:

**Avoid a toxic investment environment.** A recurring topic of Earth Day is the necessity of reducing toxins from our air, water and land. And, while you might not think of it in those terms, your portfolio can

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also contain some “toxic” elements in the form of investments that may be hindering your progress, or, at the very least, not contributing to it. For instance, you might own some investments that, for one reason or another, have consistently underperformed, or are now too aggressive for your risk tolerance, which can change over the years. In these cases, you might be better off selling the investments and using the proceeds for other, more appropriate ones.

**Look for sources of re-**

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**newable energy.** Efforts to protect our environment include a push for more renewable energy sources, such as solar and wind. As an investor, you, too, can look for “renewables” in the form of investments that keep paying you back in one way or another. Of course, the most basic example would be a bond, which pays you regular interest until the bond matures and you get your principal back, provided the issuer doesn’t default, which is generally unlikely with an investment-grade bond. However, you also

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may want to consider another type of renewable – dividend-paying stocks. By reinvesting these dividends, you can increase the number of shares you own – and share ownership is a good way to help build your portfolio. Some companies have paid, and even increased, their dividends many years in a row, but keep in mind they’re not obligated to do so.

**Plant seeds of opportunity.** Some Earth Day events involve planting trees – many of which won’t be fully grown for decades. When

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you invest, you are planting seeds in the form of investments you hope will grow over the years. Of course, you will likely see some volatility along the way, but over the long term, investments with strong fundamentals may reward you for your patience. Apart from these ideas, you also can connect the idea of helping protect the environment with investing for your goals. Through socially responsible investing, you can screen out investments in companies whose products you find objectionable, while supporting

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businesses whose work you believe helps contribute to a better world. And you can find investments, such as mutual funds that emphasize social responsibility, whose returns are competitive, so you don’t have to sacrifice growth potential for your principles. In the nearly 50 years since Earth Day celebrations began, we have taken steps to improve many aspects of our physical world, although the work continues. And by following some of the same techniques, you can improve your investment environment, too.

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

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# LRCS holds annual meeting



Pictured left to right at the LRCS Annual Celebrations are Erin Pettengill, VP LRCS FRC; Chris Santaniello, Director of the Division of Housing and Economic Stability for the NH Department of Health and Human Services; and Becky Bryant, President & CEO of LRCS.

LACONIA — Lakes Region Community Services (LRCS) Annual Celebration ‘Strong Families, Strong Communities,’ held on April 11 in Laconia, showcased the LRCS Family Resource Center. Supporters, partners, employees and participants in LRCS programs and services came together to appreciate the LRCS Family Resource Center of Central NH (FRC-CNH) and its growing

impact on families and children in the Lakes Region. Keynote speaker, Christine Santaniello, Director of the Division of Housing and Economic Stability for the New Hampshire Department of Health and Human Services (HHS), spoke about the importance of ‘social determinants of health’ on individuals and families, and outlined HHS’s commitment to leadership and a

holistic approach to the integration of supports and services to build better outcomes for children, families and adults in New Hampshire. Rebecca Bryant, LRCS President and CEO, spoke about LRCS being at the center of the Lakes Region, offering a wide array of supports and services and standing side-by-side with amazing community partners. “There is ‘no wrong

door’ for people who reach out to LRCS, if we can’t help them, we have community partners with resources who are willing to accept a warm handoff. Together we wrap our arms around the Lakes Region,” she said. 2019 Community Partner Awardees This year’s community partner awards were presented to individuals and organizations for outstanding support of the LRCS Family Resource Center mission of strengthening families: Collaboration Hero: Marti Ilg, Director Lakes Region Childcare Services - recognized for her passionate support of early childhood and children and families in the Lakes Region. Presenting the award, Erin Pettengill, VP of the FRC, commented, “Marti is a huge advocate for the FRC and key partner in expanding our partnerships, programs and services.” Supporter / Funder: Tom and Liz Kelsey and the Linden Foundation – Lakes Residents Tom and Liz Kelsey and the Linden

Foundation have funded Parent Education programs since 2010, providing resources for the programs to grow and evolve and removing barriers to participation. Community Partner/ Advocate: Navigating Recovery of the Lakes Region- Navigating Recovery has been an invaluable partner in helping the Parent Education program expand programs that help parents and families struggling while in recovery from Substance Use Disorder. LRCS Employee Longevity and Mission Awards The dedication and commitment of the LRCS workforce was recognized as 28 LRCS employees and Shared Family Living providers reach milestone employment anniversaries this year ranging from 10 – 25 years of service. In addition, Melanie Mardin, a Resource Coordinator with 24 years of service in our Plymouth Office, received the LRCS Employee Mission Award for her extraor-

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

# Love INC fundraiser a success



LACONIA — Love INC of the Lakes Region would like to extend a huge “Thank You” to everyone who helped make this year’s Spaghetti Dinner Fundraiser a great success. With more than 170 people in

attendance, a wonderful evening was had as the community enjoyed homemade meatballs, sauce, spaghetti and dessert, along with fabulous dance music provided by Richard Parker of Maine, a very realistic Elvis impersonator. The event was sponsored and Door Prizes provided by the following generous businesses: Behold the Beauty, Gilford’s House of Pizza, Home Beautiful, Insurance Options, Irwin Motors, Laconia House of Pizza, Lakes Region Party and Gift, Rafferty’s Auto, South End Pizza, State Farm Insurance, Tire Warehouse,



T-Bones, Van Works and Weathervane Restaurant. Volunteers from at least seven different local churches worked together to prepare, serve and present a lovely evening. A special “Thank You” goes out to Saint Andre Besette Parish for the use of their fabulous facility and to Carole Taylor and Vera Cheeseborough for coordinating this event! Love INC of the Lakes Region works to mobilize local churches to work together to meet

the needs of people in transformative ways by building relationships and investing in those who need a hand-up. Currently in process are plans to begin offering budgeting and financial classes and additional volunteer trainings, as well as our newly instituted Christmas Blessing Project and other outreach initiatives. Already in 2019, Love INC of the Lakes Region has processed over 40 requests for help with housing, finances, household goods, personal care items, recovery, moving, medical equipment and more, but our ultimate goal

is to focus on the whole person, not just the need. To support us, volunteer, or for more information about Love INC of the Lakes Region, check out our website at [loveinclr.org](http://loveinclr.org) or see us

(and remember to “like” us!) on Facebook at Love INC of the Lakes Region. If you or someone you know has a need simply call us at 366-1525.

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# Tom Hayes to headline Wright Museum Comedy Night



Tom Hayes

WOLFEBORO — On Saturday, June 8, a packed house is expected at Brewster Academy’s Anderson Hall for the Wright Museum Comedy Night with Tom Hayes as headliner. Performing everywhere from comedy clubs to corporations, clinics and classrooms, Hayes is a nationally recognized comedian, magician, impostor, writer, entrepreneur, and motivational and keynote speaker. “We are thrilled to have Tom here and think this will be a really fun night,” said Wright Museum Executive Director Mike Culver, who said proceeds will benefit its operations. “This is our 25th anniversary, so we hope to inspire and delight people of all ages with our programs and events this year.”

In addition to Hayes, the evening will feature comedians Steve Guilmette and Rob Steen. Tickets for the evening, which will feature a beer and wine cash bar, are \$25 and available online at [wrightmuseum.org](http://wrightmuseum.org). Tickets may also be purchased at the museum and Black’s Paper Store in Wolfeboro. Sponsors of the evening include Matrix Business Concepts, Eastern Propane & Oil, Melanson Real Estate and Linda Matchett. The region’s leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the homefront and battlefield.



## Gilford lacrosse teams both pick up wins



Blake Descoteaux fires a shot for Gilford against Lebanon.

BOB MARTIN



Freshman Zoltan Stephan has been impressive early for Gilford this season.

BOB MARTIN

BY BOB MARTIN  
[Bob@Salmonpress.news](mailto:Bob@Salmonpress.news)

GILFORD – The Gilford High School boys’ lacrosse team won its first game of the season last week with an impressive win over Lebanon by a score of 12-7.

It was a 5-3 lead after one half, with both Gilford and Lebanon firing off shots and spending plenty of time near each other’s goals. The defense on both sides did well to clear the ball out to thwart a variety of scoring opportunities, but the second half saw Gilford outscore Lebanon 7-4 to secure the win.

The team was led by Curtis Nelson’s four

goals, as well as Colter Dehart and Brandon Gallagher’s three goals apiece. Cooper Blackey and Jason Callahan added a goal each.

“Great faceoffs from Nelson and Gallagher,” said coach Mike Robbs, who added that the duo controlled most of the faceoffs throughout the day.

Coach Dennis Chiason added that the team had great work on defense by Damon Shute and Nate Baumeister. Robbs praised the play of Blake Descoteaux who came up with ground balls on the faceoffs as a long stick midfielder. Freshman Zoltan Stephan has stepped up and impressed the coaching staff early, as well as fellow freshman Max Bartlett who Robbs called “a very shifty kid who kept the defense on their toes.”

The Golden Eagles started off with three straight losses to begin the season, but Robbs was pleased about the play of the team during the win against Lebanon. He said it has been a tough start, as the team hasn’t been able to practice outside much due to poor field conditions and sloppy weather. The win, he said, was a morale boost for both the team and the coaching staff.

“It was nice to get the win before heading into the vacation week,” said Robbs.

Last week the Gilford girls’ lacrosse team

had three away games in three days, with the Golden Eagles picking up two wins and losing one.

Gilford beat Trinity 13-9 with Shelby Cole leading the offensive charge with seven goals and two assists. Erin Hart had two goals in the attack position. Other scorers were Kolbi Plante, Mollie McLean, Taryn Fountain and Kate Sullivan.

The next day Gilford traveled to Belmont and won 17-11. Coach Dave Rogacki said a big part of the win was due to outlet passes by goalie Julia Spooner. Cole had nine goals and two assists to lead the team’s offense. McLean had three goals and Fountain added two goals and two assists.

The Golden Eagles then traveled to Derryfield and had a tough time with an 18-1 loss.

“The youthful Eagles traveled back to Manchester to end their week on the turf at Derryfield,” Rogacki said. “The road trip and lack of subs caught up with the Eagles as a very aggressive and experienced Derryfield team held the Eagles to one goal in their 18-1 win. Shelby Cole score the lone goal as the young Eagles couldn’t solve the suffocating Derryfield defense.”

Gilford plays its fifth straight road game against Inter-Lakes/Moultonborough Academy on April 29.



Ryan Ames brings the ball upfield for Gilford.

BOB MARTIN

### *Gilford tennis girls knock off Lakers, Cardinals*

BY BOB MARTIN  
[Bob@Salmonpress.news](mailto:Bob@Salmonpress.news)

GILFORD – The Gilford girls’ tennis team improved to 4-1 last week with big wins over Inter-Lakes and Stevens.

On April 17, Gilford won 7-2 over Inter-Lakes. Reagan McIntire beat Alyssa Floyd 9-7; Josey Curley lost 8-6 to Ava Duymazlar; Olivia Comeau won 8-0 over Maeve Torrey; Alyssa Craigie won 8-3 over Raven Strother; Hannah Lord won 8-0 over Caitlin Harris and Madison Eastman won 8-1 over Julia Pendergast.

In doubles Curley/Craigie beat Torrey/Strother and Eastman/Annabelle Eisenmann won 8-1 over Harris/Pendergast.

On April 19, Gilford had a 9-0 sweep over Stevens.

The Gilford boys’ tennis team had a tough time with Bishop Brady last week, with the Golden Eagles falling 5-3 on Wednesday.

Mikey Eisenmann had 9-7 win; Colton Workman had an 8-2 win; Bradley McIntire lost 8-4; Moritz Lietz lost 8-0; Neal Miller lost 8-2 and Adam Sikoski lost 8-3. The duo of Eisenmann/Workman won 8-5 in doubles.

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# Golden Eagles bounce back from loss to Belmont



Connor Sullivan came in for relief to pitch against Belmont last week.

BOB MARTIN

BY BOB MARTIN  
Bob@Salmonpress.news

BELMONT – The Gilford and Belmont baseball teams are two of the best teams in Division 3,

and last week the teams went head to head with Belmont coming away with a 7-6 win.

Gilford had Adrian

Siravo on the hill, but the hard throwing righty only lasted one inning after leaving the game with an arm injury. On

the mound for Belmont was Griffin Embree, who was the runner up for player of the year last season to Siravo.



BOB MARTIN

Cody Boucher leads off first base for the Golden Eagles

## Bicycle Hillclimb scheduled for Aug. 17

PINKHAM NOTCH — Regarded by elite cyclists as more difficult than the steepest ascents in the Tour de France, the Mt. Washington Auto Road Bicycle Hillclimb is raising its profile further with the expansion of its purse for winners. Beginning this year, the annual bicycle race to the summit of the highest peak in the northeastern United States will award prizes not only to the first male and first female finisher but also to the runners-up and third-place finishers. As in previous years, the top man and top woman will each win \$1,500. Now the second-place male and female riders will each win \$750, and the two who take the third position on the awards podium will each receive \$500.

Also new this year is a \$500 prize for the first man and first woman to complete the race riding fixed-wheel (single-gear) bikes.

The 2019 Mt. Washington Auto Road Bicycle Hillclimb will take place this year on Saturday, Aug. 17. Registration is open now and will remain open until the field is filled, at its capacity of 635 riders. Any cyclists prepared to pedal 7.6 miles to Mt. Washington’s summit are invited to sign up at <https://www.bikereg.com/mwarbh>. Entrants may also participate in the Practice Ride, held on July 14 and limited to 300 riders. Questions about registration may be sent to [joliver@tinmountain.org](mailto:joliver@tinmountain.org).

For competitive cyclists in this all-uphill race, the new prize structure is a significant enhancement. Traditionally, the top three finishers stand together on the three steps of the podium to receive acclaim for their remarkable performance, but until this year at the Auto Road, only the rider on the top step received a check along with the applause. This year all three will.

Each year a number of riders tackle the Auto Road’s extreme grade on bicycles with only one gear. These bikes have the advantage of lighter weight, because they do not carry derailleurs, but on the other hand do not offer the versatility of shifting gears as the road’s grade varies from three percent to as much as 22 percent at the finish. The new prize recognizes the distinct challenge of climbing Mt. Washington on a fixed-wheel bicycle.

The race will continue to award a prime -- a cash prize for the male and female riders who are first to reach the one-mile mark (so long as they eventually finish the race). This extra incentive adds a particular challenge on Mt. Washington, where a fast early start can be followed by six miles of relentless grinding up the mountain’s steep slope. The prime is \$750.

The Mt. Washington Auto Road Bicycle Hillclimb is the main annual fund-raising event for the Tin Mountain Conservation Center in Albany, 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, \$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 race starts in six waves, beginning with the elite riders at 8:30 a.m. and followed by five more waves at five-minute intervals. In the case of extremely adverse weather on Aug. 17, the race will be postponed until Sunday, Aug. 18.

Embree took a 6-0 lead into the seventh inning thanks to a fantastic day on the mound, but Belmont squandered the lead with untimely walks and errors that led to six unearned runs. The game was tied 6-6 in the bottom of the seventh inning, where Belmont’s Austin Didsbury reached and an advanced on an error. Lars Major singled and Didsbury advanced to third, and then scored on a bloop single by Jason Gaudette.

“Obviously the Belmont game didn’t turn out the way we wanted,” said Gilford coach Eric Duquette. “I am very happy the way we battled back against them, playing them even despite basically not having both of our first team all-state players. I liked our approach at the plate against one of the better pitchers in the division. We just couldn’t overcome our defensive mistakes.”

On Thursday, Gilford bounced back with an 8-4 win over Fall Mountain. Alex Muthersbaugh pitched a phenomenal game, going six innings, allowing two hits, two unearned runs and striking out 12 batters. Gilford had a 10-hit surge led by Cody Boucher and Chandler Mead with two hits and two RBIs apiece. Tim Stevens had a save in the game.

Gilford took on Franklin on Friday for its third game in three days. Despite the grueling schedule and the Golden Eagles still without Siravo and first baseman Isaac Wallace,

Gilford came away with a solid 5-1 victory.

Coach Duquette said the team had a tough time with Franklin’s pitching, but he commended the team for keeping the pressure on all game. T.J. Carmilia has been swinging the bat well to start the season, which continued against Franklin with a two-hit showing including a triple. Freshman Ben Muthersbaugh had two hits in the game, while Mead and Stevens both had three steals.

Boucher was the winning pitcher with four inning of shutout baseball, while Hunter Wilson was praised for strong defense at the hot corner.

“We have had four games, and we still have yet to have a practice outside,” said Duquette. “Our field will be released to work on Monday, and we have our home opener against Prospect Mountain on Tuesday, followed by a full week of practice. I’m hoping this will allow us to clean up the defensive mistakes we have been making and we will continue our goal of getting better week to week. We are hoping to get Adrian back on the field on Tuesday and that is also the day for Isaac’s follow up on his broken finger, and we will have a firm date when we will be getting him back...progress.”

Gilford played Prospect Mountain at home after deadline on Tuesday. Next up is Inter-Lakes on April 29 at 4:30 p.m.



BOB MARTIN

Coach Eric Duquette speaks with his team in a huddle between innings during a game against Belmont.



## FIND A CAREER IN THE CLASSIFIEDS!



# Golden Eagle track girls win at Belmont

789 words

By BOB MARTIN  
[Bob@Salmonpress.news](mailto:Bob@Salmonpress.news)

GILFORD – Last week the Gilford track and field team traveled to Belmont High School and the girls came away with a first place finish while the boys’ team came in third.

The girls’ team had a total of 145 points to take the win.

Laurel Gingrich won the 100-meter dash with a time of 14.01. Jaylin Tully was sixth with a time of 15.17 and Calista Shepard was 11th with a time of 16.41.

Natalie Fraser and Brianna Fraser placed first and second in the 200 meters with times of 28.44 and 29.04 respectively. Lara Davalle was eighth with a time of 32.74, Shea Brown was 12th with a time of 34.24 and Promise Veroff was 13th with a time of 35.04.

Samantha Holland was third in the 800 meters with a time of 2:51.04. Cyndal Vansteensburg was sixth with a time of 3:01.24 and Jennie Gannon was seventh with a time of 3:03.64.

In the 1,600 meters, Catherine Stow was third with a time of 6:14.61, Vanessa Genakos was fourth with a time of 6:17.73 and Vansteensburg was seventh with a time of 6:42.

Genakos was the winner in the 3,200 meters with a time of 13:34.34.

In the 100-meter hurdles, Emma Ramsey was second with a time of 18.00. Reese Clark was fourth with a time of 20.19 and Veroff was sixth with a time of 20.86.

In the 300-meter hurdles, Ramsey was second with a time of 57.04, Clark was fifth with a time of 59.44 and Veroff was sixth with a time of 1:04.34.

Gilford placed first and second in the 4X400 meter relay with times of 4:39.84 and 4:53.34. The winning team included Clark, Natalie Fraser, Sydni Lehr and Lindsey Sanderson.

Lehr won the long jump with a distance of 14 feet, five inches. Holland was seventh with a time of 12 feet, 7.5 inches and Davalle was eighth with a leap of 12 feet, six inches.

In the triple jump, Lehr was second with a distance of 30 feet, six inches. Genakos was

third with a distance of 27 feet, 5.5 inches and Tully was fourth with a distance of 27 feet, five inches.

Katiana Gamache was sixth in the shot put with a distance of 25 feet, 9.5 inches.

In the discus, Ramsey was seventh with a throw of 60 feet, one inch and Sanderson was 10th with a throw of 52 feet, seven inches.

Gamache won the javelin with a throw of 83 feet, three inches. Riley McDonough was third with a throw of 75 feet, seven inches, Shepard was fifth with a throw of 69 feet, nine inches and Shea Brown was eighth with a throw of 54 feet, two inches.

Gingrich was second in the high jump with a leap of four feet, two inches.

The boys’ team was third with 85 points behind Belmont’s 147 points and Newfound’s 107 points.

In the 100 meters, Max Stephan was fourth with a time of 12.82. Alex Cheek was 13th with a time of 13.67 and Nick Arenstam was 14th with a time of 13.68.

Stephan was second in the 200 meters with a time of 25.34 and Ramsey Landry was ninth with a time of 27.64.

In the 1,600 meters, Matthew McDonough was fourth with a time of 5:20.65; Harrison Laflamme was 11th with a time of 5:54.46 and Mitchell Townsend was 12th with a time of 5:55.37.

Townsend won the 3,200 meters with a time of 12:07.84.

In the 4X100-meter relay, Gilford was fifth with a time of 50.93. The team included Arenstam, Cheek, Stephan and Brian Tremblay. Gilford was fourth in the 4X400-meter relay with a time of 4:13.04. The team was made up of LaFlamme, Tremblay, McDonough and Connor Guest.

In the high jump, Finn Baldwin was second with a height of five feet, 10 inches.

Korey Weston won the long jump with a distance of 18 feet, seven inches, while Baldwin came in second with a leap of 18 feet. Arenstam was seventh with a leap of 16 feet, four inches and Cheek was ninth with a distance of 15 feet, 10 inches.

In the triple jump, Stephan was third with a distance of 34 feet, four inches.



Shea Brown tosses the javelin for Gilford last week.

In shot put, Weston was second with a throw of 36 feet, 10.5 inches and Cheek was 12th with a throw of 27 feet, 5.5 inches.

In the discus, Guest was seventh with a throw of 69 feet, one inch.

Weston won the javelin with a toss of 127 feet, seven inches. Tremblay was fifth with a throw of 105 feet, 10 inches, Baldwin was seventh with a throw of 101 feet and Landry was 10th with a throw of 85 feet, eight inches.



Emma Ramsey throws the discus for Gilford High School last week.



Promise Veroff leaps over a hurdle during a meet at Belmont High School last week.



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# TOWN•TO•TOWN CLASSIFIEDS



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- Summer Camp Counselors
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Janet Breton  
Recreation Director  
Town of Belmont  
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Belmont, NH 03220-0310  
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[www.belmontnh.org](http://www.belmontnh.org)  
[recreation@belmontnh.org](mailto:recreation@belmontnh.org)

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**SAU #79**

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**GILMANTON SCHOOL**  
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**For questions contact:**  
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**EOE**



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Brewster Academy, a private boarding/day school in Wolfeboro NH, is now accepting applications for a full time housekeeping associate, hourly, 40 hrs/week, Monday through Friday, 6:30am to 3:00pm, calendar year.

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- Clean, mop, scrub, polish, and disinfect showers, stalls, toilets, sinks, faucets, etc.;
- Follow appropriate and safe chemical use when cleaning;
- Maintain a sufficient supply of materials (e.g.: tissue, soap, etc.) in assigned areas;
- Empty trash and garbage containers in assigned areas (driving required);
- Complete assigned duties in a timely manner;
- Be available to work overtime and weekends as needed.

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

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

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

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ANSWER: GALLERY WALL

### What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

**A**

**B**

Answers: 1. Text missing from frame 2. No clock on wall 3. Extra rose in vase 4. Rose on table in background

### THIS DAY IN... HISTORY

**APR 27**

- **1667:** A BLIND AND IMPOVERISHED JOHN MILTON SELLS THE COPYRIGHT OF "PARADISE LOST" FOR JUST £10.
- **1865:** CORNELL UNIVERSITY IS CREATED BY THE NEW YORK STATE SENATE.
- **2006:** CONSTRUCTION BEGINS ON THE FREEDOM TOWER IN NEW YORK CITY.

### New Word

**PRINT**

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### How they SAY that in...

**ENGLISH:** Decorate

**SPANISH:** Decorar

**ITALIAN:** Decorare

**FRENCH:** Décorer

**GERMAN:** Schmücken

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### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PAINT ROLLER

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to jazz music. Each number corresponds to a letter. (Hint: 3 = t)

**A. 17 22 19 4**  
Clue: Musical group

**B. 12 9 6 2 5**  
Clue: Notes strung together

**C. 3 11 9 12 1 15 3**  
Clue: Brass instrument

**D. 6 24 9 3 23**  
Clue: Region of US where jazz originated

Answers: A. band B. music C. trumpet D. south

### SUDOKU

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

Level: Intermediate

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

ANSWER:



# Softball Golden Eagles off to 1-3 start



BOB MARTIN

Madison Cusello take a cut for Gilford against Belmont High School

**BY BOB MARTIN**  
Bob@Salmonpress.news

GILFORD – The Gilford High School softball team has started the season 1-3 heading into April vacation, and despite the sub-.500 record, coach Joan Forge said she has been pleased with the effort put forth in the early stages of spring.

“The Gilford softball program had a very strong turnout in the number of players for this season,” Forge said. “The coaching staff is quite pleased with some of the new younger talent who have had the opportunity to play in the varsity games thus far. The softball team played four games in a row this past week without having been on their field for a practice. They are 1-3 on the season, but two of their games were against the 2018 defending champions White Mountains and runners up Belmont.”

On April 16, Gilford took a 6-0 loss to White Mountains in a game where the Golden Eagles could only muster two hits. White Mountains scored two runs

each in the first, second and fourth innings to take the 6-0 lead. Colby Butterfield was on the mound for Gilford, and did a great job shutting down the Spartans in the last three innings. Forge was impressed by her use of the change up to get three strikeouts and six ground outs.

Butterfield and Lexi Boisvert had the two hits for Gilford against hard throwing pitcher Haile Hicks. Gilford had five walks and reached on one error, but the Golden Eagles stranded eight runners which was a major factor in the loss.

On April 17, Gilford traveled to Belmont for a hard fought, nine-inning battle where Belmont won 7-6 on an RBI single roped to center field by Julianna Estremera.

Ella Harris was on the mound for Gilford and had 11 strikeouts, while allowing five hits, four walks and three hit batters. Harris and Karly Sanborn had two hits apiece, with Sanborn crossing the plate twice. Randi Byars, Lexi Boisvert, Kim Daigneault and Stevie McSharry had a hit each. Byars

had three runs scored and Daigneault had a pair of RBIs.

It was a 5-2 Belmont lead in the top of the fifth inning when Gilford mounted a comeback tying up the game 5-5. Byars and Sanborn each scored on an error and Boisvert scored on an RBI fielder’s choice by Daigneault.

Gilford then took a 6-5 lead in the top of the eighth inning. Byars walked and took second on a Sanborn single. Byars then scored on an RBI single by Boisvert to take the short lived lead. Belmont answered with a run in the top of the eighth inning with an RBI single by Morgan Hall.

Belmont rallied in the bottom of the ninth inning against Harris, ending with a shot over the center fielder’s head by Estremera for the walk-off victory for the Red Raiders.

On April 18, Gilford lost a tight battle to Fall Mountain by a score of 5-4. Daigneault was the losing pitcher, giving up five hits and five walks. Gilford piled on nine hits in the game, which



BOB MARTIN

Ella Harris pitched for Gilford High School in a game against Belmont last week.

was led by Sanborn’s three knocks. Boisvert had two hits and a pair of RBIs, while Harris also had two RBIs.

Gilford mounted a comeback scoring two runs in the final inning, but the team was plagued by poor fielding allowing five errors and three unearned runs in the loss.

Gilford took a big win for the first victory of the year on April 19, with a 21-9 blowout over Franklin High School.

Daigneault picked up

her first varsity win in the game, allowing seven hits and seven walks. She also did damage at the plate with a two-run home run. Gilford had 19 hits and four errors in the game, while Franklin had six hits and six errors.

Daigneault had a pair of hits and a steal, to go along with her homer. Sanborn had a fantastic day at the plate, going 5/5 with two triples, a double and a single to go along with seven RBIs and one steal. Also con-

tributing was Harris with four hits and two RBIs, Jaiden McKenna with three hits, three RBIs and three steals and Boisvert with three RBIs.

Defensively Gilford turned a triple play, which Forge said was a first for her in her more than three decades of coaching.

Next up for Gilford is a home game against Berlin on May 1 with first pitch at 4 p.m.



BOB MARTIN

Randi Byars runs up to second base in a game against Belmont.

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