

**THURSDAY, MAY 13, 2021** 

### GILFORD, N.H.

## Gilford track competes at meet in Belmont

**BY JOSHUA SPAULDING** Sports Editor

BELMONT — For the second week in a row, the Gilford track team traveled to Belmont for a meet, this time also featuring Bishop Brady.

For the Gilford girls, Riley McDonough won the 200 meters with a time of 31.87 seconds and Shea Brown ran to second in 33.97 seconds.

Lindsey Sanderson took the top spot in the 800 meters with a time of 2:45.83 and Taryn Wernig finished in second place in a time of 3:14.78.

Abby Shute won the high jump, clearing three feet, 10 inches. She also took third in the long jump with a distance of 12 feet, 9.5 inches.

Abby Seal finished in second place in the 400 meters with a time of 1:11.73 while in the 1,600 meters, Vanessa Genakos took third place with a time of 6:37.19 and Maddy Burlock was fourth in 6:45.2.

Wernig added a third



Abby Shute won the high jump at Saturday's meet in Belmont. place finish in the discus with a throw of 62 feet, 11 inches, Sanderson was fourth at 60 feet, 10 inches and Brook Kimball took sixth at 54 feet, two inches. Abby Kenyon picked inches.

up a second place finish in the shot put with a toss of 24 feet, 6.5 inches, Seal threw 21 feet, 6.75 inches, Kimball threw 20 feet, 5.5 inches and Brown threw 19 feet, 4.5

McDonough led Gilford in the javelin with a toss of 83 feet, four inches, which placed her second overall. Kenyon threw 66 feet, nine inches and Brown threw 58 feet, 10 inches.

In the 4X100-meter relay, Gilford finished in second place in 58.13 seconds and won the 4X400-meter relay in a time of 4:52.9.

For the Gilford boys, Keith Cameron won the 200 meters in a time of 25.03 seconds, Jaimen Sawyer was eighth in a time of 27.96 seconds and Henry Stow was 10th in 28.99 seconds.

Carter Forest won the 800 meters with a time of 2:25.22.

Mitchell Townsend won the 3,200 meters with a time of 11:30.78. just ahead of teammate Patrick Gandini in a time of 11:31.28.

Anthony Haddocks won the triple jump with a leap of 37 feet, three inches.

Aiden Bondaz ran to second place in the 1,600 meters in a time of 5:00.43, Forest was third in 5:17.31 and Derek Kelly was fourth in 5:23.73.

In the long jump, both Nick Arenstam and Townsend both jumped 15 feet, 6.5 inches.

Sawyer added a third place finish in the discus with a toss of 73 feet, eight inches and also finished third in the shot

SEE **TRACK** PAGE A10

**School Board approves** grant disbursement for coming events

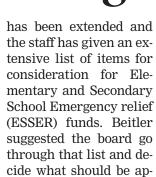
NEASC commends Gilford High School for work in several areas

### BY ERIN PLUMMER

### mnews@salmonpress.news

The Gilford School Board approved spending federal grant funds for a number of coming programs and activities, including end of the year events for the high school and summer enrichment activities.

Superintendent Kirk Beitler talked to the board during their meeting on Monday about renewed federal the grant funds. The Families First Coronavirus Response Act (FFCRA)



proved. Gilmanton and Gilford will receive their ESSER funds, own though students from both towns attend Gilford High School. A discussion took place between representatives

the Gilmanton from School Board and the Gilford School Board about how the funds would be dispersed between Gilford and Gilmanton students in GHS and how that accounting would take place. Gilmanton School Board member Michelle Heyman said things get tricky in situations like this. She said she doesn't disagree with how the money is being spent, but wanted to make sure

SEE **GRANT** PAGE A10

Public Schools, at its March 8 meeting, reviewed the Decennial Accreditation Report from the recent visit to Gilford High School and voted to award the school continued Accreditation in the New England Association of Schools and Colleges.

The Commission on

The Commission was impressed with the progress made on the Priority Areas for Growth and increased alignment with the Principles of Effective Practice since the time of the Collaborative

Conference visit and wishes to commend the following:

The creation and implementation of a Portrait of a Learner for the entire school district. The school's roundtable discussion with neighboring schools to share strategies around creating a Portrait of a Learner.

The school-wide implementation of the Understanding by Design model to develop curriculum the opportunities for students to engage in activities that promote

understanding, deep analysis, and creative thinking

The use of a variety of formative and summative assessment strategies to measure and inform student learning.

The ongoing training for the implementation of performance-based assessment practices the professional staff's commitment and leadership to continue the performance assessment workgroup to improve teaching and learning.

SEE NEASC PAGE A10

## Spaces open for Town Wide Yard Sale

### BY ERIN PLUMMER

### mnews@salmonpress.news

Locals can get rid of a few extra items, make some extra money, and benefit Old Home Day at the same time with the Town Wide Yard Sale on June 19.

Old Home Day is making a comeback this year after being canceled last year because of the pandemic. Old Home Day is scheduled for Aug. 28 and now the Old Home Day Committee has a new event to raise money for the big day.

Participants can set up a sale at their own homes or reserve one of a limited number of spaces at the Gilford Village Field.

The form to get in the yard sale along with a full list of infor-

be found at https:// www.gilfordrec.com/ assets/categories/2/66/ Gilford\_Yard\_Sale\_ Form\_2021\_1619019557. pdf.

Those who wish to hold a sale can register to have their table at the Village Field for \$20, where space will be limited. People can also hold a yard sale at their own homes and register for \$10. Those doing so at their own homes need to get a yard sale permit from the police department. Permit applications can be found at https:// www.gilfordpd.org/ assets/municipal/24/ Yard\_Sale\_Permit\_Master01\_1430807665.pdf.

Registration for the yard sale, either on Vil-

mation and rules can lage Field or to be on the map, is on June 11.

> Maps will be sold for \$2 the day of the yard sale with proceeds also going toward Old Home Day. Map sales will start at 8:50 a.m. the day of the sale.

The yard sale runs from 9 a.m.-1 p.m. on Saturday, June 19. People can pick up the official number signs the Thursday before the sale. Set up on Village Field will start at 7:30 a.m. the day of the event, though no items can be sold until 9 a.m.

Planning continues for the 101st annual Old Home Day. Advertising is open for the Old Home Day Booklet and the event has a flexible plan to account for the changing circumstances around the pandemic.

More information on Old Home Day can be found at https://www. gilfordrec.com/activi-

ties?post=38.

For any questions and information related to the Town Wide Yard Sale and Old Home Day

call the Gilford Parks and Recreation Department at 527-4722.



Gilford Old Home Day is scheduled for Aug. 28 and the Town Wide Yard Sale raising money for this year's event is coming town the Village Field and across town on June 19.

A2 THE GILFORD STEAMER

THURSDAY, MAY 13, 2021

## Notes from the Gilford Public Library

Classes & Special **Events** 

May 13 - May 20 \*Sign up and face masks required

Thursday, May 13 \*Geri Fit, 9-10 a.m. \*Bridge, 10:30-11:30 a.m.

Storytime Shorts, 10:30 a.m.

Join Miss Maria on FB Live for a quick storytime! Missing storytime and finding the virtual ones too long? Hop on to experience one story and maybe a few songs in 10 minutes or less!

French, 4-5 p.m.

Friday, May 14

Coffee Clutch, 10:30-11:30 a.m.

Brought to you in conjunction with Gilford Neighbors, these mornings will be filled with a chance to socialize with your neighbors, round table discussions, speakers, programs, and celebrations all designed to let you know

is available to you and what might interest you, right here in your neck of the woods. This will also be a time for you to ask questions, and find resources to help you maneuver through this new phase of your life. Weekly group sizes will be limited to 20 people, so please RSVP by contacting the library.

Preschool Storytime, 10:30-11:30 a.m.

Join Miss Jill for a fun filled storytime! Registration is required as space is limited.

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

\*Advanced Conversational German, 2:30-3:30 p.m.

\*Advanced Line Dancing, 4-5 p.m.

### Monday, May 17 \*Geri Fit, 9-10 a.m. \*Mahjong, 12:30-3 p.m. Rice Krispies Checkouts, 2:30-5 p.m.

Teens and Tweens that check out a Young Adult or Middle Reader

### GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of May 3-9.

Stephen W. McCammon, Jr., age 27, of Laconia was arrested on May 5 for Driving Under the Influence-Impairment. A 26-year-old male from Bristol was taken into protective custody during the same incident.

Skyler Scott Durgin, age 19, of Gilford was arrested on May 6 in connection with a warrant.

Beau Clough, age 30, of Laconia was arrested on May 6 in connection with a warrant.

Brian Gagnon, age 62, of Laconia was arrested on May 7 for Driving Under the Influence-Impairment.

Catherine E. Flower, age 39, of Laconia was arrested on May 8 for Driving Under the Influence-Impairment and Breach of Bail.

Trevor Robert Bond, age 37, current address unknown, was arrested on May 8 for Criminal Trespassing and Possession of a Controlled Drug. A 49-year-old from Somerville, Mass. was taken into protective custody for intoxication on May 9.

what is going on, what book at the front desk rary understandings of library. can also pick up a little take-and-make Rice Krispies Treat kit while supplies last! Reading is sweet!

> Tuesday, May 18 \*Geri Fit, 9-10 a.m. Mother Goose on the Loose, 10:30 a.m.

Rice Krispies Checkouts, 2:30-5 p.m.

Teens and Tweens that check out a Young Adult or Middle Reader book at the front desk can also pick up a little take-and-make Rice Krispies Treat kit while supplies last! Reading is sweet!

What is Gender? 6:30-7 p.m.

What is gender, and why does it matter? Author Alex Myers will use his own story of coming out as a transgender guy in 1995 to explain aspects of gender theory and transgender identity. The talk will consider the historical and cultural development of gender, touching on Myers's first novel, "Revolutionary," which tells the story of his ancestor, Deborah Sampson, who fought as a man in the Revolutionary war. The talk will also explore more contempogender, looking at Myers's just-released novel, "Continental Divide: a coming-of-age story about a transgender boy and a consideration of American masculinity." This is a virtual program streamed live on Zoom and Facebook. Call the library to signup for Zoom or find the registration link on our website.

Wednesday, May 19 Check out an Expert, 10 a.m.-noon

Mother's Day Children's Craft: Flowers from the Heart, 10:30 a.m.

Come make a special gift for Mother's Day!

Crafternoon, 1-3 p.m. That's right, Craft-

ernoons is returning in person. Bring your own project to work on, bring an idea for a community project, and once a month look forward to working with our younger patrons, as they demonstrate their unique crafts and skills. Group sizes will be limited to 20 people, so please RSVP by contacting the

After School Teen Club, 2:30-3:30 p.m.

Afterschool Teen Club. Hangout with friends, play games, and make stuff. This club is whatever you want it to be! Fifth-12th grade.

Rice Krispies Checkouts, 2:30-5 p.m.

Teens and Tweens that check out a Young Adult or Middle Reader book at the front desk can also pick up a little take-and-make Rice Krispies Treat kit while supplies last! Reading is sweet!

Thursday, May 20 \*Geri Fit, 9-10 a.m. \*\*Note the new time slot \*Bridge, 10:30-11:30

Storytime Shorts, 10:30 a.m.

Join Miss Maria on FB Live for a quick storytime! Missing storytime and finding the virtual ones too long? Hop on to experience one story and maybe a few songs in 10 minutes or less!

French, 4-5 p.m.

Rice Krispies Checkouts, 2:30-5 p.m.

Teens and Tweens that check out a Young Adult or Middle Reader book at the front desk can also pick up a little take-and-make Rice Krispies Treat kit while supplies last! Reading is sweet!

### **Gilford Public Library Top Ten Requests**

- "A Gambling Man" by David Baldacci 1.
- "The Four Winds" by Kristin Hannah 2.
- "The Palm Beach Murders" by James Patter-3. son
- "Ocean Prey" by John Sandford 4.
- 5. "Sooley" by John Grisham
- "The Red Book" by James Patterson 6.
- 7. "Win" by Harlan Coben
- 8. "Turn a Blind Eye" by Jeffrey Archer
- "The Rose Code" by Kate Quinn 9.
- 10. "Of Women and Salt" by Gabriela Garcia

### **Gilford Parks and Recreation news**

### **BY HERB GREENE**

Director

Gilford Parksand Recreation

Adult Spring Hiking Program continues on Tuesday mornings The Gilford Parks and Recreation Department is sponsoring a series of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. Participants will gather at 9:30 a.m. in the Gilford Town Hall before departing for the hike. Participants should bring a mask to wear during check in and for any times when stopped on the trail where we cannot practice social distancing. There is no cost for this program, but all interested participants are asked to RSVP at least one day in advance to each trip. For more information or to RSVP, please contact the Gilford Parks Recreation Deand partment at 527-4722.

ing the Shooter's Gold Basketball Camp in Gilford this summer! The camp will be held on the Gilford Middle School Outdoor Basketball Court from June 28 -July 1, 2021. 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 10 a.m. - noon. Participants may register through the Hogan Camps website at www. hogancamps.com. \$85 per Cost: sesbefore June 1, sion \$90 starting June 1.

quired. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com. Cost: \$55 per person and includes all necessarv equipment.

WICKED COOL FOR KIDS Lego Robotics Camp The Gilford Parks and **Recreation** Department is sponsoring a one-week Lego Robotics We Do 2.0 camp the week of July 19 - July 23. The camp is open to children entering grades 1-5 in the fall and will take place in the Gilford Middle School Cafeteria from 9 a.m. - 4 p.m. Participants will learn to program free roaming LEGO robots and make science come to life and see science ideas grow from design to action. Get in gear with LEGO's new updated software to build and use an iPad to program, Milo the Science Rover and other fun untethered robots. In the morning, explore guided robotics projects to create an earthquake -shake table to test house designs. Next, create a bot to sort and recycle items. 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.gilfordrec.com. Cost: \$300

### tap into their creativity. We will also be using this as an opportunity to bring in local artisans to



TO PLACE AN AD: ADVERTISING EXECUTIVE Tracy Lewis (603) 575-9127 tracy@salmonpress.news

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TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: br endan@sal monpr ess.news

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**PRODUCTION MANAGER** JULIE CLARKE (603) 677-9092 julie@@salmonpress.news Shooter's Gold Basketball Camp The Gilford Parks and **Recreation** Department is once again sponsor-

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

Archery lessons The Gilford Parks and **Recreation** Department is sponsoring a fourweek session of Beginner Archery Lessons, to be led by Rob Schmidt from Archery. Academy of NH. This program will be held on Tuesday afternoons from July 6 -July 27 from 4-5 p.m. at the Arthur A. Tilton Ice Rink. These classes are open to Youth and Adults ages 7 years old and up and no experience is re-

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

informa-For more

tion, please contact the Parks and Recreation Department at 527-4722.

Challenger British Soccer Camp The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 12 -July 16 at the Gilford Village Field. This camp offers a 3-hour program for children ages six to 14 and a one-and-ahalf-hour program for children ages three to five. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at www. challengersports.com. Cost: \$132 for ages six to 12 and \$97 for ages three to five

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





## Patrick's Pub & Eatery named Good Neighbor Award winner

GILFORD—Patrick's Pub & Eatery has been named a Good Neighbor for 2020 for its community philanthropy and support by the National Restaurant Association **Educational Foundation** (NRAEF) and American Express.

In granting the recognition, NRAEF cited fundraisers Patrick's holds on behalf of community groups, and the Pub Mania event founded over a decade ago to support the Greater Lakes Region Children's Auction.

This marks the fourth time Patrick's owners Allan and Jennifer Beetle, and Jeffrey and Wendy Beetle, have received the award; Patrick's was also honored in 2008, 2013 and 2018.

"We're proud. Staff is excited about it," said Patrick's General Manager Megan Page, after a plaque was presented April 22 at the restaurant by Samantha Mc-Donald, membership and WC Trust director



Patrick's managers, from left to right: Tammy Caldwell and Kathryn McKenna, managers; Sam Smyth, kitchen manager; Megan Page, general manager; Rick Morten, kitchen manager; Tracey Sopinsky, bar manager; and Dana Lamothe, manager.

of the New Hampshire Lodging & Restaurant Association. "It's the best award to receive. It's great to have an award-winning burger or chowder, but being recognized for being a good neighbor means a lot. We're being good people."

NRAEF said nine out of 10 restaurants are actively involved in community service, yet the organization's leaders were impressed with Patrick's creation of Pub Mania, and its pivot to the pandemic-proof It's for the Kids Community Challenge, which Patrick's owners launched last year when it was not possible to host Pub Mania live because of COVID-19.

Going forward, the challenge will replace the pub event as the

fundraising can be done virtually and can include more teams and participants; in its first year in 2020, the challenge raised \$249,460 for the auction, bringing the 11-year total raised to roughly \$2.6 million.

McDonald said, "Patrick's has always been a community-oriented organization. Even in the midst of the pandemic, they have found innovative ways to continue their support of the auction. The NHLRA is very proud to be able to present them with this award, and to have them as part of our community."

COURTESY

Page, Patrick's general manager, said the restaurant owners model community philanthropy for staff in many ways.

"We're constantly working to inspire staff to be part of our fundraising efforts," she said.

In 2020, for instance, Patrick's dedicated 50 percent of its proceeds on St. Patrick's Day to a nonprofit called Got

Lunch, which provides free lunches to children in need in the region. The restaurant also provides annual support to many community youth sports teams and hosts occasional fundraisers for individuals or families in crisis.

Many staff were also involved in Pub Mania and remain involved with the Community Challenge as well as the Shuffle-a weekly fundraising walk that raises money toward the annual challenge total.

"We're always talking about community fundraising here," Page says, adding, "I encourage it, but it really comes from the top-Allan and Jennifer and Jeff and Wendy."

Patrick's owners also model giving with the staff, assisting them with resources, troubleshooting and financial assistance when emergencies and life's disruptions come along.

"We encourage a family culture here," Page said. "This is not just a job. It's a family."

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

## **Certain COVID guideline** restrictions will be automatically adopted by school board

### BY ERIN PLUMMER

mnews@salmonpress.news

With pandemic-related restrictions gradually lessening, the Gilford School Board preemptively approved any potential loosening of a few restrictions related to outdoor sports if they happen between now and the next school board meeting. During last Monday's school board meeting, Superintendent Kirk Beitler asked the board if it wanted to preemptively loosen any restrictions if certain guidance came down from the state and NHIAA. Beitler said the governor has relaxed regulations on COVID-19 precautions, though he wasn't positive the district would receive any new guidance from DHHS or the NHIAA. While there is always a chance state could hand down new guidance sooner than later,

the next school board meeting will be in June. Beitler asked the board what potential new measures they might want to adopt before their next meeting. Board Chair Gretchen Gandini said she would support anv guidance that involved loosening mask restrictions for outdoor sports. Gandini said much of the guidance was related to not overwhelming the healthcare system and a lack of vaccinations. Now with the vaccination and protocols loosening on outdoor mask wearing, she said it seemed reasonable to

lation lessening on putting kids in quarantine if they play sports against someone who tests positive. Just a month before more than 120 students were put in quarantine, 107 alone at Gilford High School. Many of these involved students playing sports against people who tested positive.

dents more opportunities to go without masks. He said he feels a lot of younger students are losing nonverbal communication skills by not seeing a lot of facial expressions covered by masks. "Seeing each other's faces again I think can go a long way," Sanborn said. Sanborn made a motion for the school board to adopt any measures that loosen some guidelines related to outdoor sports in regard to mask wearing and quarantining athletes, which received unanimous approval.

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loosen these guidelines. Board member Kyle Sanborn agreed, citing an incident in Oregon where a student runner wearing a mask fainted right before the finish line.

Gandini also said she would support any regu-

"What we saw last month with so many kids on quarantine, so many kids playing outside sports kicked to quarantine." Gandini said.

Beitler said the DHHS recommended quarantining athletes because sports activities are considered an uncontrolled environment where students can't maintain six feet of distancing.

"How can we keep more kids in school?" Gandini said.

Sanborn also said he would support giving elementary school stu-

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# Equalizing

access to education

It's that time of year when high school seniors are committing to colleges and making a plan for what will happen after graduation day. College tuition has become so incredibly unaffordable that many students are opting out or seeking a career in various trades, in which they stand to make more money than a classmate with a four-year degree — depending, of course, on which route they take.

Harvard University cost ten schillings per year in the early 1700's, which was equal to about a pair of shoes and two pairs of stockings. Interesting to note is that back then, most jobs did not require a degree, license or certification and laborers learned via apprenticeship. If the price of Harvard over time had risen at the same rate as prices generally equaled to the rate of inflation, tuition today would cost \$1,703 per year. However, that is not the case, and the current tuition at Harvard is upwards of \$67,580.

As a society, we stress the need for a solid, good education. Any job that pays a livable wage requires you to have a degree, however many students are not making much more than their counterparts who chose to enter the work force right out of high school. Really this depends on where you live and what you do.

The significant increase in college tuition has angered many parents and students. One has to wonder how a financial aid office at any given school comes up with the numbers for a student's financial aid package. In one recent example, a college in Massachusetts, cost \$73,000 per year. Yes, you read that right. A student with a single mother who makes in the ballpark of \$30,000 a year was offered \$13,000 in financial aid for the year. Does this school discriminate based on socioeconomics? One has to wonder. Are wealthy students somehow more special than their less fortunate counterparts?

Students who do make it through the four years will graduate with an exorbitant amount of debt, a bill they could potentially be paying well into old age.

Way back when, state universities were free, however did include a small fee. In the 1960's, social and legislative changes turned higher education into a business, hence the student loan debt crisis we see today.

Through some research, we discovered an interesting time line that laid out the path higher education has taken since its inception during Medieval times in Europe. Back then, few of these schools charged tuition and were supported by the government or a church, and areas of study were limited.



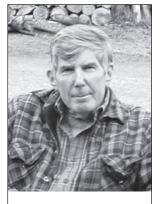
### **Pair of Golden Eagles**

RC GREENWOOD

Gilford pitcher Riley Marsh prepares to make a catch as catcher Caleb Giovanditto converges on the play in action against Winnisquam last week. The Golden Eagles dropped a 12-2 decision to the Bears on Monday and fell 16-6 on Friday. Gilford is scheduled to host Kingswood on Monday, May 17, and will be at Kingswood on Wednesday, May 19, both with 4 p.m. starts.

### NORTH COUNTRY NOTEBOOK

Missing the furnace, and its smoke. And who starts the day at 9 a.m.?



It's not that I begrudge Chip Bean and crew at C. Bean Transport the money I've had to spend on fuel oil, not one red cent. I'm fortunate to have an oil-fired backup system and a dependable supplier, which as is typical with dealers in this often-wild territory will deliver the product no matter the weather. But what's missing from my window picture is the gentle wafting of white smoke when the boiler is idling, and the blast of equally white smoke when it's firing up. It is a comforting scene, and the smoke tells me the direction of the wind, which gives me a pretty good guess on the weather.



In 1796, Thomas Jefferson proposed an education system that was supported through taxes. He did this because he believed that for a government to truly work, that its people needed to be educated. As a result, in 1818, the government began subsidizing elementary schools and Jefferson used a \$15,000 grant to start the University of Virginia.

In the early 1800's, many colleges did not charge tuition; however, only the wealthy could afford the living expenses incurred during study. In 1810, students lived as simply as possible, keeping room and board rates extremely low, compared to today's living conditions.

In 1870, Harvard's tuition was \$150 per year, while Brown University was just \$75. This equals to about \$3,000 in today's terms. Again, only the wealthy could afford to attend.

A spike hit in 1920 when admissions doubled between then and 1930. The cost was about \$250 per year, with 20 percent of college aged Americans attending university.

The G.I. Bill was passed in 1944, but has since been modified.

In 1965, the Higher Education Act passed. This act helped provide financial assistance for those who needed it. In 1973, in today's dollars, an average year, at an average school cost just over \$9,000 and just over \$2,000 for an in state public school.

In 1972, only 49 percent of high school graduates went on to college. Back then, grants covered 80 percent of the costs. Today more and more students are heading off to school, leaving less grant money to go around. In 1975, the rates started to increase faster than inflation. Prior to the 1970s, tuition rates increased roughly two to three percent each year. In 2003, the cost went up 14 percent in just one year. In 1987, the rate for a public school saw a 44 percent change.

In the late 1990's, the debt was so bad that people put off weddings, having children and making other big lifetime decisions.

The year 2008 saw an increase of 439 percent since 1982, while income has only increased 147 percent. If things continue as they are in 2028, the cost will be \$340,800 for a private school education per year and \$95,000 for a public school.

Americans over the age of 60 currently owe more than \$86 billion in unpaid loans, and many of them are concerned that the government will garnish their Social Security, leaving them with nothing.

The proposed American Families Plan is slated to include, for those who wish, two years of free com**By JOHN HARRIGAN COLUMNIST** 

Editor's note: Mr. Harrigan was unable to sub*mit a new North Country* Notebook column in time to meet our press deadline for this week's edition. The following column was originally published in 2018.

Doing dishes is something I don't mind at all, because it can be done by rote and gives me time to think. This chore is made all the more pleasant by the scene out the window, which takes in back lawn, bird feeders, apple trees and an alder swamp.

I miss something, however, and I didn't realize how keenly until now. Back in October, with medical issues looming, I had to make a decision on whether to run the outdoor woodfired boiler, which easily heats the entire house and annex and provides domestic hot water, or shut it down. And because what circulates is water, not antifreeze, shutting it down meant draining the whole system, buried pipes and all, not an easy thing, but so it went.

Smoke from outdoor wood furnaces is a big issue, which is why they never should have been allowed or installed in closely built neighborhoods. But they were, back when oil became outrageously expensive and people turned to wood. It was allowing these things to be set up too close to neighbors, plus people doing really dumb thinks like burning tires and garbage, that got us into all the regulations.

+++++

My unit, a Central Boiler made in Minnesota and built to last, was one of the first in the territory, and people came from all over to see it. It is a pretty straightforward apparatus, sort of like a Model A Ford---pretty hard to improve on except for comfort and gadgets. It burns wood right down to a fine powder,

The furnace has a five-gallon bucket turned over on its stack and a crown of snow to boot --- no smoke to help gauge the weather.

like flour, and there is no need for an ash-pit. Cleanout (which for me, if I burn carefully, is twice a heating season) involves using a long-handle flat-bottom shovel to transfer the ashes into the bucket-loader, to be spread uphill of the apple orchard.

Alert readers will have noted that I was careful to say "white smoke." Properly dried firewood emits white smoke; unseasoned, (i.e. "green" wood) emits a pale blue. If any blue smoke came out of my furnace all my neighbors would see it, and

I'd be some embarrassed and would maybe even have to move.

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Speaking of smoke, the story that was big news one day and gone the next concerned the government's plan to cut nicotine content in cigarettes in not-so-subtle increments, to the tune of something like 90 percent.

This, one might predict, will create a brisk black market and all sorts of cross-border

SEE NOTEBOOK PAGE 5

## Airport hosting Wings, Water & Wheels event Saturday

### BY ERIN PLUMMER

GILFORD — People of all ages can get up close and personal with planes, fire trucks, construction equipment, and so many other vehicles this weekend at the annual Wings, Water & Wheels event.

The Wings, Water & Wheels event is returning to Laconia Airport this Saturday, hosted by WinnAero. A num-

ber of different vehicles, planes, and pieces of equipment will be there in this touch-a-truck style event. The event will run this Saturday, May 15, from 10 a.m.-2 p.m. at the Laconia Airport.

WinnAero president Karen Mitchell said in a statement that over 15 aircraft owners have agreed to display their planes as part of the event. The event will

also feature vehicles from the Gilford Police and Fire departments, different vehicles including a pace car from New Hampshire Motor Speedway, and equipment from a number of different local companies including Hiltz Construction, ArborTech Tree Service, Redmix, Pike Industries, and Finn's Garage of Meredith.

> Visitors can also

speak with the members of the Civil Air Patrol and WinnAero ACE Academy faculty.

"This is an excellent opportunity to speak directly with the pilots, operators, police and fire personnel about their planes, vehicles and ca-reers," Mitchell said in the statement.

CR Helicopters of Nashua will be offering helicopter rides throughout the event.

Visitors can get in with a small donation per person or per family. Snacks and drinks will also be available for sale at the event.

The board of selectmen approved the special event permit for the event on April 14 and selectmen and Laconia Airport Authority vice chair Chan Eddy talked about the event.

"It's a lot of fun, it's great," Eddy said during

the April 14 meeting. "You get a lot of hands on (experience) for airplanes, for some of the heavy equipment that's used. The kids seem to have a lot of fun. they love just climbing all over that stuff. If you can make it, I suggest you go."

For more information, visit winnaero.org.

## Acoustic Trio to kick off Belknap Mill's Summer Concert Series



Friday, May 21 at 6 p.m., the Acoustic Trio of James Montgomery, Bob McCarthy and Billy Martin will be the season opener for the Belknap Mill's 2021 Arts in the Park Summer Concert Series!

LACONIA — Friday, will be the season open- live music to the Lakes May 21 at 6 p.m., the er for the Belknap Mill's Region community for

feature 9 concerts taking place every other Friday evening through Sept. 10 with our season finale, The Rockin' Daddios Sock Hop. All concerts are free and open to the public to enjoy. Bring a chair or blanket and make yourself comfortable for an evening of live music.

Bob McCarthy, with his guitars and mandolin and James Montgomery on harmonicas are joined by Billy Martin on his double bass, each one a diverse and gifted musician. Together they will deliver a treasure trove of musical selections. Their combined experience includes music from every genre ranging from modern chamber, folk, gospel, jazz, Celtic, bluegrass, Brazilian and of course, Rhythm & Blues.

Bob McCarthy and James Montgomery have each been legendary fixtures on the music scene for 50 years, first appearing in the Boston-Cambridge and New York venues in ers on the scene. Among his long list of credits is folk former conductor of the Cambridge Harmonica Orchestra. He presently brings his vast talent to charity works for the benefit of health care for blues musicians and veteran support groups

country wide. Martin was an original member of the James Montgomery Blues Band. Another student of the infamous Berklee College of music, he has played the double bass in many small ensembles ranging from opera to modern chamber and includes jazz, blues and

Their combined talent and wealth of material is a guarantee for an uplifting and memorable musical experience.

The Belknap Mill's 2021 Summer Concert Series is generously sponsored by founding sponsors The Laconia Putnam Fund and media sponsors, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances or our safety guidelines, please visit our Web site, www.belknapmill.org.

Old Home Day Town Wide Yard Sale set for June 19

The Gilford Old Home Day Committee will be sponsoring a Town Wide Yard Sale on Saturday. June 19 from 9 a.m. - 1 p.m. (rain or shine). Participants can register for a spot at the Community Yard Sale Site, which will be located at the Gilford Village Field or can host a sale at their own house and register to be added to the Town Wide Yard Sale location map. Each registered yard sale site for the Town

Acoustic Trio of James Montgomery, Bob Mc-Carthy and Billy Martin

### NOTEBOOK

CONTINUED FROM PAGE AA

shenanigans, virtually overnight, to provide desperate smokers with good old (or not so good) nicotine-loaded smokes. Not that any smuggling whatsoever goes on anywhere in northern New England, nosiree Bub.

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My laugh of the week came from a PBS story

### EDITORIAL

CONTINUED FROM PAGE AA

munity college tuition. Expenses for books and supplies would be funded by the student. In our small rural communities, we see high school seniors who really want to go to college, but just can't afford it. Often times they are working part time jobs to help support their own families which is commendable. It is extremely difficult, especially in rural areas for high school students to save up enough money to afford even a community college.

Often times those students who do attempt to save thousands of dollars, have to do so by giving up after school activities such as soccer, band etc. If the cost of colleges hadn't increased so drastically, we wouldn't need to think twice about this.

2021 Arts in the Park Summer Concert Series! bringing Celebrating

on the Pennsylvania primary, in which a news crew visited a woodworking factory.

"Even at 9 a.m.," an evidently amazed reporter said, "this factory is already humming." Yes, you heard it, "Even at 9 a.m." (emphasis mine).

Well, yup, hello, and welcome to the real world. How about factories that start the day at 7, or the loggers, truckers, road crews and

Many parents who make just over minimum wage are drowning in debt after taking out Parent Plus loans, just to see to it that their children can get an education. Even trade schools are rising in cost.

A two-year tuition free community college (not universities —there's a difference) would be a great opportunity for any American wanting to get a jump start on their education, especially for those students who come from lower income households. Seniors who would never otherwise have had a chance at an education would now be offered one. Any opportunity for us to help educate our youth, especially those with the most need, is a good one.

Oftentimes, it's hard to empathize with people, until you put a face

more than 10 years, the 'Arts in the Park' summer concert series will

tradesmen grabbing coffee and a bit of breakfast at (gulp) 4:30? It might cause one to faint.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@ gmail.com or to Box 39, Colebrook, NH 03576.)

to it. If you think hard enough, you can easily think of an individual in your life who could have really benefited from an opportunity such as the one mentioned above.

the '60s. In McCarthy's extensive career as a solo artist, he has met and played with dozens of bands and artists, in commercials and on radio and television. Currently, he spends a lot of his time bringing his instruments, his voice and his best pal Beau to visit patients and friends in the Laconia area.

Montgomery is known as one of the most dynamic perform-

money you put down for a home,

the lower your monthly payments,

although there's also a point at which

overly large down payments can be

financially unwise. However, if you

can make a down payment of more

than 20% of the purchase price, you

can generally avoid having to pay for

private mortgage insurance on top of

your monthly payments. Also, as a

first-time homebuyer, you might qual-

ify for down payment assistance from

your local or state housing authority or

· Check your credit score. A higher

credit score gives you a better chance

for a lower interest rate. You can re-

quest a credit report from annualcred-

itreport.com, and you might be able

to get a credit score for free from your

bank. If you need to improve your

score, you may want to delay your

· Learn how much you qualify for

a nonprofit group.

home purchase.

Wide Map, will have a number and address listed on the map to help shoppers find the location of their sale.

Cost to Register:

Community Site - \$20

Town Wide Map Listing - \$10

Maps will be sold for only \$2.00 at Community Site at the Village Field on the day of the sale. All proceeds will help support Gilford Old Home Day.

Additional information and registration forms can be found in the Gilford Parks and Recreation Office or on the Parks and Rec Web site at www.gilfordrec.com. Deadline to register for a site is Friday, June 11.

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



### Paid Advertisement Paid Advertisement Paid Advertiseme Paid Advertise Paid Advertisement <u>Edward Jones: Financial Focus</u> First-time homebuyer? Follow these steps

Is homeownership a goal of yours? It does offer some benefits, in addition to meeting your basic need for shelter. The equity you build in your home can be a valuable financial asset, and you may get to deduct your interest payments on your taxes. But if you're a first-time homebuyer, what steps should you take?

First, make sure the time is right for you in terms of your personal and financial situations. For example, are you fairly confident that your employment is stable and that your earnings won't decline? Of course, external events can also play a role in your decision. A recent study by Morning Consult and Edward Jones found that 12% of respondents postponed purchasing a house during the COVID-19 pan demic

But if you're ready and eager for homeownership, consider the following moves

- and how much you should spend. Save for a down payment. The more This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIP

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Once you think you're ready to begin the home-purchasing process, you may want to contact a few lenders to determine the size of the mortgage for which you qualify. Be aware, though, that just because you can get a mortgage of a certain amount, does not necessarily mean that you should. You don't want to become "house poor" - that is, you don't want to spend so much on your house payments that you are cash strapped and can't afford to save for other goals, such as college for your children or a comfortable retirement. You may want to establish a budget for how much you can readily afford to pay for your mortgage each month - and try sticking to it before you buy the house. If you have extra savings, put it toward your down payment.



· Prepare for unexpected costs. You can plan for your mortgage, utilities taxes and insurance - but when you own a home, you'll always encounter unexpected costs. You may need to get a new furnace, repair your roof or face any number of other maintenance is sues. To help prepare for these costs try to build an emergency fund containing three to six months' worth of living expenses, with the money kep in a liquid, low-risk account. Without such a fund, you might be forced to dip into your long-term investments or take on added debt to pay for these unanticipated expenses

Homeownership can be a rewarding experience - and the rewards will be even be greater when you've "done the numbers" and prepared yourself financially.

**Jacqueline Taylor** inancial Adviso 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 coueline.taylor@edwardiones.com

## Hart's five goals lead Gilford past Laconia



RC GREENWOOD Ashley Hart had five goals to lead the Gilford girls' lacrosse team to a win over Laconia last week.

### **BY JOSHUA SPAULDING** Sports Editor

GILFORD The Gilford girls' lacrosse team had a tough task after not playing for two weeks, as the Golden Eagles had games against two of the top teams in Division III in their return to action.

The Golden Eagles got five goals and an assist from Ashley Hart to overcome Laconia by a 17-12 score to start last week. Lexi Shute and Lauren Gallant each contributed three goals for the Golden Eagles while Julia Spooner turned in a strong effort in net in earning the win.

The second game of the week was against another top Division III team, Hopkinton, and this time, Gilford didn't have quite enough to come out with the win, falling by a 20-9 score.

Shute had a good game for the Golden Ea-

Aly Pichette looks to get past a Laconia defender in action last week at The Meadows. gles, finishing with six goals. Aly Pichette had some solid passing and finished with two assists while Emily Watson and Sydney Irons had solid field games overall and each scored a goal and Molly McLean also added a tally.

"The 20-9 defeat was a great learning experience for Gilford," said coach Dave Rogacki. "As a coach, it's good to see the growth we are starting to apply in games, especially against the top teams in Division III.

FORD

"Just like Legos, we have to keep working on a daily basis to get the pieces put in the right placed to build the program with a solid foundation as we continue the season, that is so great to be having after last year," Rogacki added.

The Golden Eagles are slated to be at Plymouth

today, May 13, at 4 p.m., will be at Kingswood at 6 p.m. on Tuesday, May 18, and will host Kingswood on Thursday, May 20, at 4 p.m.

ACONI

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Sports Editor Joshua Spaulding can be reached at 279-4516, ext. or josh@salmon-155 press.news.





### **BY JOSHUA SPAULDING** Sports Editor

GILFORD — There's a reason that Gilford senior Ella Harris has committed to play Division I collegiate softball at UMass-Lowell.

The Golden Eagle showed just pitcher what she can do in a pair of games last week. In a total of 10 innings Winnisquam, against she faced 32 batters, striking out 27 of them while allowing only two hits and one run and not walking a single batter. The defense was strong behind her with no errors between the two games and Harris also

pitched her first shutout of the season.

The first game was May 4 and the Eagles picked up a 12-0 win over the Bears. Harris struck out 14 and gave up one hit, just missing out on a perfect game. According to coach Joan Forge, Harris entered the Gilford record book for the most strikeouts in a five-inning game and is second in the record book with nine strikeouts in a row.

Kim Daigneault led the Gilford offense with three hits and two runs batted in, while Maddie McKenna added two hits and Jaiden McKenna

had a double and four runs batted in. Paige Meserve drove in Maddie McKenna, who had walked and stole second, in the bottom of the fifth inning to close out the game with the 12-0 win.

The second game of the week saw Harris strike out 13 of the 16 batters she faced in a 19-1 win. Again, the Bears managed just one hit while Gilford pounded out 20 hits. Jaiden McKenna, Meserve and Millie Caldon each had three hits, Maddie McKenna

Maura Hughes, Maddie Cusello and Harris each added a hit.

Daigneault had the defensive play of the game with a diving catch of a line drive to first base, while Meserve made a nice play tracking down a gap hit between right and center field.

Gilford is scheduled to host Kingswood on Monday, May 17, and will be at Kingswood on Wednesday, May 19, both with 4 p.m. starts.

Sports Editor Josh

JOSHUA SPAULDING Ella Harris was dominant last week, striking out 27 batters in a pair of games.



FOREST PUMP & FILTER CO., INC. 603-332-9037



Daigneault and Lauren Nash-Boucher each had two hits and Jess Gannon, Maddie Heyman,

ua Spaulding can be reached at 279-4516, ext. or josh@salmon-155 press.news



### Undefeated weekend

COURTESY PHOTO

This past weekend the Laconia Lacrosse Club's 8U and two 10U girls' teams faced opponents from Concord, Weare, Bow, and Manchester, coming away with four wins and no losses All three teams played their best lacrosse of the season, and out of 20+ teams in their respective divisions, all are ranked in the top four. Halfway through the season, the 10U red team (pictured) is 4-0, tied for first place in the state. The 35 girls reside in Laconia, and the surrounding towns of Belmont, Meredith, Gilford, Moultonborough, Gilmanton, Sanbornton, Tilton, Franklin and Enfield.



## **Bank of New Hampshire** recognized as NHHFA Top 10 Lender



Bank of New Hampshire's Retail Lending Team recognized as NHHFA Top 10 Lender.

LACONIA — Bank of New Hampshire has been recognized as a Top 10 Lender with the New Hampshire Housing Finance Authority. This award was given to the lending institutions who assisted the most homebuyers through New Hampshire Housing programs in 2020.

"The opportunity to serve the housing needs of New Hampshire's workforce has been a longtime commitment of the Bank's and we are

delighted we can partner with NHHFA in a meaningful way," stated Evelyn Whelton, SVP – Retail Lending Sales Manager for Bank of New Hamp-

COURTESY

shire.

"Our top lenders and loan originators are vital to supporting affordable housing opportunities for all New Hampshire households," noted Ignatius MacLellan, managing director of New Hampshire Housing Finance Authority's Homeownership Division. "We know what a challenging year it has been. It also has been a very active year for people seeking to become homeowners. These top lenders have provided outstanding service to customers."

The NHHFA mortgages offer special features not generally available through other lending sources, such as down payment assistance, that can make homeownership more affordable. New Hampshire Housing also offers the Homebuyer Tax Credit program for first-time homebuyers, which enables them to receive a federal tax credit of up to \$2,000 per year

as long as they own their home and continue to pay mortgage interest. The new Community Heroes Initiative acknowledges the commitment of the state's essential workers who are first-time homebuyers by offering them a \$3,000 closing-cost credit.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

~ Comfort Keepers ~ Healthy eye care and nutrition

### BY MARTHA SWATS OWNER/ADMINISTRATOR Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor's recommendations on treatment plans and vision health.

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health – kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physi-

but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma -Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear

caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use -Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues

### outside.

Sleep – Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

Vision screenings -Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vi- all meant to keep seniors sion test done once a year and should always follow a doctor's recommendations on treatment plans and health.

today.

AboutComfortKeepers Comfort Keepers is a leader in providing inhome care consisting of such services as companionship, ransportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items

Here are eight strategies for seniors to maintain eye health:

cian-recommended exercise plan can not only help with overall health,

or goggles when appropriate, using chemicals and sharp objects with

like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective evewear.

Consider other health issues – Older adults can have health issues that affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses - Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are

Comfort Keepers® can help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers<sup>®</sup> can help. Our caregivers can assist with meal preparation, medication reminders and can physician-presupport scribed exercise regimens and diets. 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

living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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HIGH SCHOOL SLATE Thursday, May 13 Girls' Tennis vs. Kingswood; 4

GILFORD Boys' Lacrosse vs. Plymouth; 4 Boys' Tennis vs. Plymouth; 4 Girls' Lacrosse at Plymouth; 4 Girls' Tennis at Plymouth; 4 Monday, May 17 BELMONT Baseball at Winnisquam; 4 Softball at Winnisquam; 4 GILFORD Baseball vs. Kingswood; 4 Softball vs. Kingswood; 4 WINNISQUAM Baseball vs. Belmont; 4 Softball vs. Belmont; 4 Tuesday, May 18 BELMONT Track at Gilford; 4 GILFORD Boys' Lacrosse vs. Kingswood; 4 Boys' Tennis at Kingswood; 4

Girls' Lacrosse at Kingswood; 6

Track Home Meet; 4 WINNISQUAM Track at Gilford; 4 Wednesday, May 19 BELMONT Baseball vs. Winnisquam; 4 Softball vs. Winnisquam; 4 GILFORD Baseball at Kingswood; 4 Softball at Kingswood; 4 WINNISQUAM Baseball at Belmont; 4 Softball at Belmont; 4 Thursday, May 20 GILFORD Boys' Lacrosse at Kingswood; 6 Boys' Tennis vs. Kingswood; 4 Girls' Lacrosse vs. Kingswood; 4 Girls' Tennis at Kingswood; 4

All schedules are subject to change.

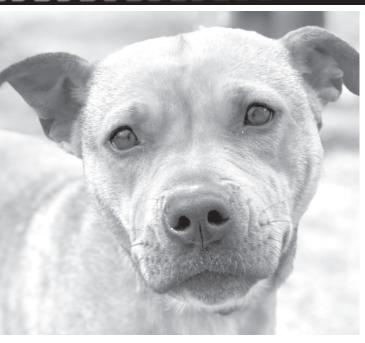
SASHA

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



NH Humane Society Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539





## Bank of New Hampshire announces partnership with NH Food Bank's Mobile Food Pantry

LACONIA — Bank of New Hampshire is excited to announce a oneyear partnership with the New Hampshire Food Bank in support of their Mobile Food Pantry program. This sponsorship comes as a result of Bank of New Hampshire's implementation of an annual giving focus.

"Our mobile food pantries have become a safe and effective approach to meeting the needs of our food insecure neighbors during this difficult time," said Eileen Liponis, Executive Director, New Hampshire Food Bank. "Thanks to the generosity of Bank of New Hampshire we will be able to further our reach this year and ensure that our neighbors across the state do not have to worry about where their next meal will come from. Our mission would not be possible without our community partners, like Bank of New Hampshire. We are truly grateful for this partnership."

Bank of New Hampshire's annual giving focus has been implemented within the bank's Corporate Giving Program to concentrate monetary donations and volunteer efforts on a

specific need to better serve the community in a more measurable way. The 2021 giving focus for Bank of New Hampshire is food insecurity. While food insecurity has always been a struggle for many of our friends and neighbors, the current COVID-19 pandemic has greatly increased this need across our state with a projected 13 percent increase in 2021.

"As we seek to make an impact on food insecurity in our communities, we are confident that this significant contribution to the New Hampshire Food Bank will move us toward that goal," stated Christopher Logan, President & CEO for Bank of New Hampshire. "In this one-year partnership, beginning in April, we will support one Mobile Food Pantry event each week, providing food for up to 500 families."

The Mobile Food Pantry travels to locations throughout the state, aligning with Bank of New Hampshire's footprint. In addition to financially supporting the Mobile Food Pantry, Bank of New Hampshire employees will be serving as volunteers at Mobile Food Pantries throughout the year.

Logan went on to say, "The New Hampshire Food Bank has been addressing food insecurity in our state since 1984, and we are thrilled to take part in the fight against hunger. Bank of New Hampshire has maintained a strong legacy of community service and civic leadership, and we are proud to be partnering with the New Hampshire Food Bank which has done the same. From one bank, to another, we strive to end hunger."

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www. BankNH.com.

## *LRMHC to expand services for youth with substance use disorders*

LACONIA — Lakes Region Mental Health Center will be participating in a new program, The Seven Challenges, which is part of Creating Connections NH, a federally-funded project to develop and implement a system of care for youth (ages 12-25) with substance use disorders and those with a co-occurring mental health disorder and substance use disorder. Creating Connections NH is being implemented by the Department of Children's Behavioral Health within the NH Department of Health and Human Services. The Seven Challenges program is specifically designed for counseling adolescents and young adults facing substance use challenges, and provides training and supports to deliver developmentally appropriate, research-based screening and brief intervention to youth.

"The Seven Challenges Program doesn't force change, but rather motivates the young person to make a personal commitment to change," said Charlotte Hassett, Director of Child & Family Services at Lakes Region Mental Health Center. "The program helps youth examine the importance of their choices and make healthy decisions on their personal road to recovery. The Seven Challenges Program has been proven effective in treating both substance use disorders along with other mental health and

trauma issues. Therapists trained in the Seven Challenges program facilitate discussion and help youth speak openly about their experiences. During these group discussions, counselors seamlessly integrate the challenges as part of the conversation. We are excited that five members of our Child & Family Services team will begin their training in April."

Seven Challenges is implemented as the counseling component of an outpatient program, and can be delivered in a variety of settings with different levels of intensity to meet the needs of each person.

New Hampshire ranks in the top eight states with the highest rate of underage binge drinking (youths age 12-20 years). Young adults in New Hampshire between the ages of 18 and 25 have some of the highest rates of alcohol and drug use when compared to young adults nationally. Early-onset frequent substance use during adolescence increases the risk of developing mental health problems, long-term alcohol or drug dependence, educational underachievement, health problems, and social difficulties during late adolescence and early adulthood. (NSDUH 2018)

"Early intervention is critical for youth who are at risk for substance use. Our role is to promote healthy decision-making and help people identify problems they may be having with alcohol or other drug use early on, helping them with assessments and treatment services

and connect them to prevention and recovery supports," says Chelsea Lemke, Director of Substance Use Services at Lakes Region Mental Health Center.

The Lakes Region Mental Health Center, Inc. is designed by the state of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth, that serve more than 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health cricrisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

## Lakes Region Mental Health Center to host event for Mental Health Awareness Month

LACONIA — Lakes Region Mental Health Center will be hosting two free virtual events in May to raise awareness during Mental Health Awareness Month. Go to www.lrmhc.org/ may for more information and to register.

"Orchestrating Change" Film Screening & Discussion will be from 6-7 p.m. Thursday, May 13 via Zoom. 'Orchestrating Change' is the documentary film that tells the inspiring story of Me2/Orchestra, the only orchestra in the world created by and for people living with mental illness and those who support them. Co-founded by Ronald Braunstein, once a world-renowned conductor whose career was shattered when his own diagnosis of bipolar disorder was made public, the mission of the orchestra is to erase stigma one exhilarating concert at a time. As they rehearse, perform and prepare for a major concert, these extraordinary musicians have no

idea how much the orchestra will change their lives in poignant and powerful ways. There will also be a discussion with Me2/ Music Director Ronald Braunstein. Executive Director Caroline Whiddon, a Me2/ musician featured in the film and the two filmmakers. This event is free, but registration is required. This event is brought to us by Disability Rights Center in NH and the New Hampshire Community Behavioral Health Association.

Go to www.lrmhc. org/may to register, find mental health resources and support LRMHC. Follow us on Facebook @LakesRegionMental-HealthCenter to stay up to date.

The Lakes Region Mental Health Center, Inc.is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides **Emergency Services 24** hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

sis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile

## Charles Dowd joins MVSB as Vice President of Residential Mortgage Sales

M E R E D I T H — Charles ("Charlie") Dowd has joined Meredith Village Savings Bank (MVSB) as Vice President of Residential Mortgage Sales. In this role, Dowd will lead mortgage lending efforts and create strategic plans to expand mortgage opportunities for the Bank. He is based out of MVSB's main office in Meredith.

"Charlie's entrepreneurial spirit and passion for helping our community and customers with affordable homeownership is inspiring," said Mark Danahy, Senior Vice President of Residential Lending. "his passion will ensure we can be the lender of choice for our customers and community members."

"I am excited to be part of the MVSB legacy and look forward to help us maximize our potential and supportive services within residential lending," said Dowd. "Through our 150-plus



Charles Dowd

year history, the Bank has proven to be a strong, stable company that demonstrates leadership by being a true community partner."

Dowd has an extensive career in banking spanning more than 21 years. He is an active volunteer with Prescott Farm in Laconia and a longtime member of the Benevolent and Protective Order of Elks Club. He earned his Bachelor of Science degree from UNH and was a founding member and part-owner of Everything But Anchovies, the pizzeria, and restaurant once considered an institution of Hanover before they closed in 2017.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers, and surrounding communities. As a result, MVSB has remained steadfast in fostering the community's economic health and well-being since it was founded in 1869.

For more than 150 years, Meredith Village Savings Bank (MVSB) has been serving the people, businesses, non-profits, and municipalities of the greater Lakes and Seacoast regions. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork, and stewardship.

To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth, or Wolfeboro, call 800-922-6872 or visit mvsb. com.

## Northway Bank supports renovations at 193 Court St.

LACONIA — Northway Bank purchased \$25,000 in New Hampshire business tax credits from Lakes Region Community Developers (LRCD) to support the final phase of renovations later this year at 193 Court Street, Laconia. LRCD was awarded \$200,000 in tax credits and has \$9,000 left to sell by May 31.

"This project contributes to revitalization of downtown Laconia and enhances LRCD's ability to carry out its mission," said Christopher Dickinson, Senior Vice President, Commercial Banking Group of Northway Bank. Chris is also a member of the LRCD Board. "As a community bank, we care deeply about housing and community development, which is what LRCD does. Investing in the Court Street project makes perfect sense based on our priorities."

"We are so grateful for partners like Northway Bank," said Carmen Lorentz, Executive Director of LRCD. "We can't do our work without the support of our local business community."

In 2019, Lakes Region Community Developers (LRCD) bought the old Walter's Market building to turn it into their new headquarters and a neighborhood center to host events and trainings for their tenants in Laconia. LRCD planned for two phases of renovations due to funding constraints. Phase 1 included interior renovations, new insulation and siding on the southwest facing exterior wall, and improvements to the front façade of the building. Phase 1 was finished

Phase 2 will include drainage and parking lot improvements to enhance safety and accessibility, insulation in the attic, insulation and new siding on the northeast exterior wall and back of the building, and HVAC upgrades.

in October 2019.

The tax credits are administered by New Hampshire Community Development Finance Authority (CDFA). Any business with operations in NH that contributes to a CDFA tax credit project receives a NH state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise or insurance premium taxes). The tax credit program allows NH businesses to use their state tax dollars to support local projects that they care about.

Businesses interested in supporting this project by purchasing tax credits should contact Carmen Lorentz at 524-0747, ext. 110.

Lakes Region Community Developers' vision is for everyone to live in a healthy home and be empowered succeed. Founded to in 1988 as the Laconia Area Community Land Trust, LRCD has developed 365 healthy rental homes in Ashland, Gilford, Laconia, Meredith, Tilton, and Wolfeboro. In 2017, LRCD expanded its mission to include new types of real estate development and new programming that empowers their tenants to effect positive change in their communities. For more information, visit LRcommu-



Left, Christopher Dickinson, Senior Vice President, Commercial Banking Group of Northway Bank; Right, Carmen Lorentz, Executive Director of Lakes Region Community Developers.

nitydevelopers.org. 16 N

Northway Bank is an independent community commercial bank, with

16 branches throughout New Hampshire. The Bank was established in 1881 and provides financial solutions for customers, communities, municipalities, and businesses.

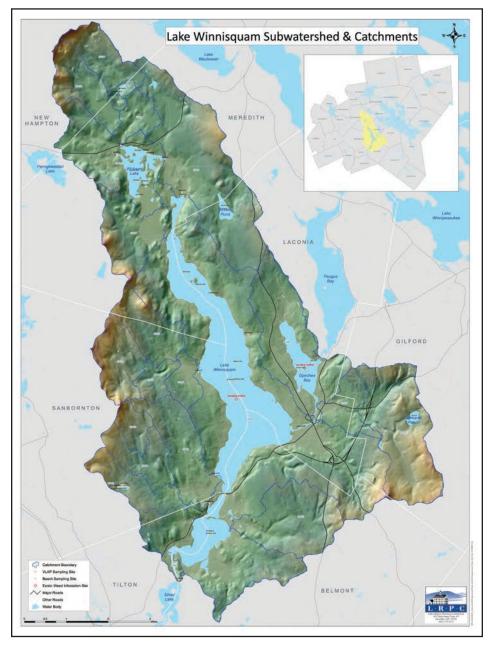
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### Here's How It Works:

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!

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## Public Workshop planned on Winnisquam Watershed Plan



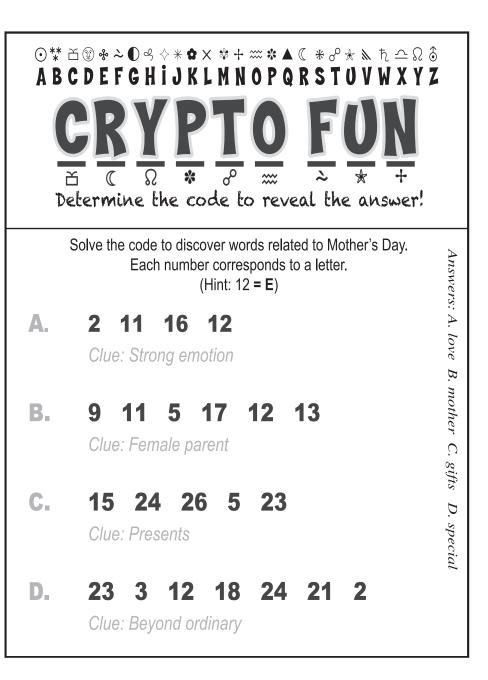
REGION — Join the Winnisquam Watershed Network (WWN) for a virtual public workshop on Tuesday, May 18 from 4:30-6 p.m. to discuss the development of the Winnisquam Watershed Based Management Plan and how it will benefit the watershed. The Winnisquam watershed includes land within Laconia, Belmont, Sanbornton, Tilton, Meredith, New Hampton and Gilford as well as Lakes Wicwas, Opechee, and Winnisquam.

Representatives of WWN and the consulting team engaged by the US Environmental Protection Agency will present an overview of the watershed planning process and discuss some of the issues facing the watershed as well as potential solutions. The public and stakeholders will have an opportunity to ask questions and provide input during the workshop. We encourage you to participate, get informed and be a part of shaping the future of our lakes and watershed.

You can register for the workshop by visiting the WWN website, winnisquamwatershed. org. A link to the Zoom meeting will be sent to all registrants.

Even if you are unable to attend the workshop, the WWN is asking that residents and those who recreate within the watershed please let us know if you have any specific water quality concerns or issues you feel should be addressed in the plan. Please take a few minutes to visit our website and fill out our online survey so we can understand what issues are important to you. A drawing for a \$100 Amazon gift card will take place at the public workshop for those that fill out the survey and include their contact information.

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Alton Central School Paraprofessional Opening

Alton Central School is seeking one full-time paraprofessional to work in our elementary school. This is as a classroom paraprofessional duties include: provide instructional support in individual, small group, and whole group settings as determined by the classroom teacher and special education teacher. Collect data as directed by the special education teacher if needed. Ability to maintain professionalism and confidentiality. Fulfill all responsibilities as assigned by the Special Education Teacher, Special Education Director, Principal. If interested, please submit an application to AppliTrack at https://www.applitrack.com/altonk12/onlineapp/ Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

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16-6396-MCP / 05.2021

### TRACK

(Continued from Page A1)



Aiden Bondaz finished second to Belmont's Will Riley in the 1,600 meters on Saturday.



Shea Brown throws the javelin for Gilford on Saturday morning.

put at 25 feet, six inches.

Haddocks finished second in the javelin with a toss of 124 feet, six inches, Arenstam threw 112 feet, two inches, Bondaz made a toss of 102 feet, seven inches and Dylan Wright threw 61 feet, four inches.

In the 4X100-meter relay, the Golden Eagles finished in second place in 51.89 seconds and they won the 4X400-meter relay with a time of 3:55.6.

Gilford is scheduled to host a meet on Tuesday, May 18, at 4 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Anthony Haddocks won the

triple jump in Saturday's

### GRANT

they can pinpoint things accurately.

Gilford business administrator Amie Leigh said they could create a detailed spreadsheet giving more specific numbers and Heyman said that made sense.

The Gilmanton board members also only voted on expenditures from the high school and abstained from all other votes only related to Gilford schools.

Leigh and Beitler said some of these requests are for programs and events happening soon and would need a vote that night. Some of the other requests could be delayed until a future board meeting.

Some of the most pressing items were for end of the year celebrations at Gilford High School including \$6,400 for prom expenses, \$2,600 for graduation, and \$2,150 for the senior bonfire. The school board approved these items.

The board also approved was \$10,000 for personal protective equipment and \$10,000 for cleaning supplies for the district.

The school board also approved \$4,550.33 for middle school summer athletic camps, \$3,375.25 for summer enrichment programs at the elementary school level, \$11,000 for summer tutoring expenses at the elementary school level (\$1,000 for supplies and up to \$10,000 for staffing), up to \$4,641 for the high school summer enrichment

(Continued from Page A1)

program, and others. One item on the list was webcams for classrooms. Board member Kyle Sanborn asked what the purpose was for these if they school will not be remote next year. Beitler said remote instruction would still take place under certain circumstances, such as snow days and if students had to quarantine. Additionally, the district would want to keep those capabilities for any reason that might come up.

Beitler said teachers have told the district they want more webcams and he said he would rather use the money for those now than have the teachers come to a school board meeting and ask.



The Gilford School Board discusses grant fund disbursement among many other topics during their meeting on May 3.

### NEASC

The widespread use of rubrics to clearly define learning goals for students.

The systemic teacher use of technology to enhance and support student learning, inquiry, and assessment.

The professional staff's active engagement in a variety of professional development groups and activities to improve teaching and learning.

The development and implementation of a

wide variety of thoughtful programs designed to support the social-emotional needs of all students, including a peer counseling program

The development and implementation of the Learn, Excel, Achieve, Dream (LEAD) block to meet the academic and non-academic needs of all learners.

The commitment of the professional staff to safely maintain in-person learning to benefit students, despite the

(Continued from Page A1)

challenges imposed by the pandemic.

The support of the school board and the communities of Gilford and Gilmanton to ensure the delivery of high-quality curriculum, programs, and services for all students.

The Commission was pleased to note that all six Foundational Elements in the Standards for Accreditation have been met by the school.

## Finn & Finn Beautiful Smiles and others give to meet oral health needs of developmentally disabled

LACONIA — On June 8 and June 9, hundreds of nonprofits around the Granite State will participate in NH Gives, the 24-hour statewide online fundraising event through which nonprofit organizations connect to the larger community. Following their successful first year of participation last year, Lakes Region Community Services (LRCS), a Laconia-based nonprofit dedicated to helping Lakes Region residents from birth through the lifespan to have lives of independence, dignity, and opportunity, will be participating in NH Gives again this year, raising money to support staff training and support for their essential frontline care giver staff, and for technology needs.

This year, fundraising from NH Gives also supports LRCS' Dental Fund—in lieu of their traditional Miles for Smiles 5K fundraiser, which had to be cancelled again this year due to Covid-19. While most services for adults with developmental disabilities are funded through state and federal Medicaid dollars, Medicaid does not cover the cost of dental care. Providing access to dental care for this population of adults is extremely important because of the strong connection between oral health and overall health and wellness. Donations through this online giving day will fill in the dental/ oral care funding gaps for countless individuals served by the organization.

"We are deeply grateful for the kindness and generosity of so many people and businesses, notably including our Dental Fund sponsors for this year's NH Gives. These valued partners share our conviction that all people deserve a life of dignity and opportunity, and that by helping families to be strong and resilient, our whole community benefits," said VP of Development Jim Hamel.

Drs. Tom Finn and Kiirsten Finn of Finn of Finn & Finn Beautiful Smiles are this year's lead sponsor for LRCS' NH Gives effort.

"We're proud to support LRCS again this year in their important work caring for the people of this community. We are committed not just to helping people have beautiful smiles, but to also doing our part to help more people in our community have something to smile about!" said Dr. Finn. Special thanks are extended to Drs. Finn and to the several other sponsors of LRCS' NH Gives Campaign, which so far includes: Detolla Dental; Winnisquam Dental; Circle Dental; Mid-State Health Center; Interlakes Family Dental; Kennell Orthodontics; and Region III Family Support Council. "The generosity of the business and nonprofit community continues to be amazing and is what enables us to make a difference in our community," added Hamel.

Nonprofits participating in NH Gives are able to accept donations on the nhgives.org Web site from 6 p.m. on June 8 to 6 p.m. on June 9. For more information on NH Gives, or to find out how you can help support LRCS during this 24hour campaign, please contact Jim Hamel at james.hamel@lrcs. org or 581-1588.



COURTESY Dr. Tom Finn (left) of Finn & Finn Beautiful Smiles poses for a picture with LRCS Dental Fund recipient, Alden Hammond (right).



### Thank you **Nurses and healthcare workers!**

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The Moultonborough School District thanks our school nurses, Carolyn Nelson and Linda Isabelle, for their caring dedication to the staff and students of our District during this unprecedented year.

We extend our sincere thanks and gratitude to our nurses, staff, executive management team and doctors for their long hours of commitment to the safety and well being of our local communities.



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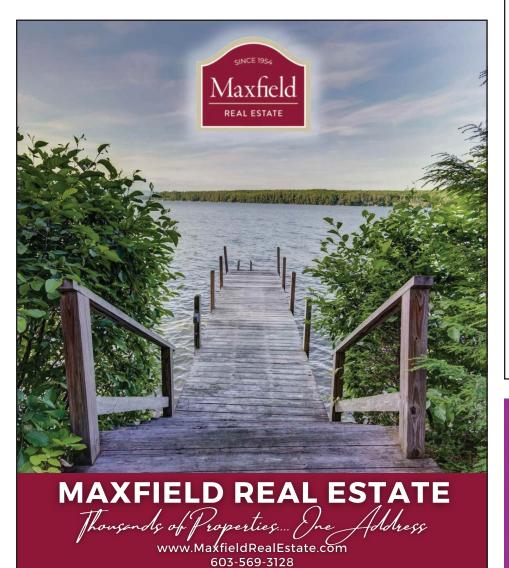
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