

Students, staff quarantining throughout district

Officials confident that no in-school transmission took place

BY ERIN PLUMMER
mnews@salmonpress.news

Around 126 Gilford students and five school staff members are in quarantine after multiple people tested positive for COVID-19, though the superintendent says none

of the transmission took place in the schools themselves.

Superintendent Kirk Beitler wrote an update with the situation on the district's Web site. As of April 19, a large number of positive COVID-19 cas-

es has been reported in all three schools with even more students and staff quarantining. At Gilford High School alone, more than 100 students were in quarantine.

As of last Monday, those in quarantine in-



FILE PHOTO

More than 100 students are in quarantine across the Gilford School District, though schools remain open for in-person learning.

cluded 107 students and three staff members at GHS, 16 students and one staff member at Gilford Middle School, and three students and one staff member at Gilford Ele-

mentary School.

Monday was still an in-person learning day at GHS with students in quarantine asked to continue their assignments through Google Class-

rooms.

Beitler wrote that with each positive case staff members will do contact tracing with interviews; seating charts on the bus, SEE **QUARANTINE** PAGE A10



COURTESY PHOTOS

Four titles

The Lakes Region Elite Lakers had an impressive showing at the Zero Gravity "Throwdown for the Throw" tournament on April 10-11, taking home four tournament championships. The fourth grade girls, fourth grade boys, and both eighth grade boys' teams combined to go 15-1 on the weekend, with each claiming the title in their age bracket. Overall, it was a great weekend for the Lakers program, posting a combined record of 21-5 against teams from all over New England.

Gilford entering cable franchise renewal process

BY ERIN PLUMMER
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Gilford is now going through the renewal process of its cable franchise agreement with Atlantic Broadband, including participation in a consortium of Lakes Region communities.

The town received official notice from Atlantic Broadband about the intent to renew the cable franchise agreement, which expires on Dec. 31, 2023.

As part of the renewal process, the board of selectmen is seeking public input to determine the town's cable-related needs as well as feedback on Atlantic Broadband's performance under the current agreement.

The agreement covers programming quality, reliability, availability, customer service, and local access channels. By law the process can't include programming, fees, and internet or phone service.

Anyone interested in giving feedback can email the selectmen at selectmen@gilford-nh.org or mail Gilford Board of Selectmen, 47 Cherry Valley Rd., Gil-

ford, NH, 03249.

The deadline for feedback is July 15.

During the April 15 selectmen's meeting, town administrator Scott Dunn said he recently attended a meeting of the local cable consortium group, which plans to have an intermunicipal agreement ready in a few meetings.

Some of the towns in the process have dropped out of the consortium, including Meredith.

During the April 5 meeting of the Meredith selectmen, Meredith town manager Phil Warren recommended that the town pull out of the consortium and renew the cable franchise agreement with Atlantic Broadband for the next 15 years.

Warren said a significant sticking point was what can't be negotiated by law in a cable franchise agreement, saying many of these areas are ones that are the subject of the most complaints. Additionally he said each town in the consortium would be responsible for \$4,300 in legal fees.

Both Warren and Meredith selectman

Jeanie Forrester said they were disappointed with what they heard at the meeting and said they would rather keep that \$4,300.

"I think other towns may take a similar approach so the consortium," SEE **CABLE** PAGE A10

Kenney promises help lowering speed limit on Route 11

BY ERIN PLUMMER
mnews@salmonpress.news

The town will get some help from its executive councilor after a petition to lower the speed on a section of Route 11 during the summer has received no response from the state.

Executive Councilor Joe Kenney paid the Gilford selectmen a visit during the April 15 meeting and town administrator Scott Dunn asked for his help on the proposal from last fall.

Last November, the board approved a mo-

tion to petition the Department of Transportation for a seasonal speed limit on Route 11 between Riley Road and the Ellacoya Bar and Grille, lowering the speed from 40 miles per hour to 30 in the period of Memorial Day and Labor Day. Police chief Anthony Bean Burpee presented the proposal to the selectmen after meeting with Public Works director Meghan Theriault and Planning and Land Use director John Ayer.

Dunn said they haven't gotten any response from the state on this petition. He asked if Kenney could assist, and Kenney said this matter was "right up my alley."

Kenney said he has helped get a number of projects in the state going after they hit a snag through the DOT.

The council is working to reduce the speed along Route 110 in Berlin. He said the DOT initially refused the request, but he stepped SEE **SPEED LIMIT** PAGE A10

Annalee Thorndike Art Competition scholarship winners announced

GILFORD — On Thursday, April 16, the awards presentation for the Annalee Thorndike Art Competition was held at the Gilford Public Library. The first-place award went to Aislinn Hird, a graduating senior from Interlakes High School, who hopes to major in Illustration and Literary Arts with a minor in education. Second place went to Harrison LaFlamme from Gilford High School, with third and fourth place awards going to Mae Kenny and Alaina Osburn, also from Gilford.

Annalee Thorndike, was the co-founder of Annalee Dolls in Meredith along with her husband Chip. In 2000, Annalee set up



COURTESY

The Annalee Thorndike Art Scholarship Competition winners were announced earlier this month at an awards ceremony in Gilford. Pictured (l to r): Lakes Region Scholarship Foundation Executive Director-Karen Switzer, Judge-Acacia Rogers; Judge-Larry Frates; 1st place winner-Aislinn Hird; Judge-Roger Gagne; Annalee Thorndike Art Competition chairman-Joan Frates.

a permanent education endowment, for the purpose of fund-

ing scholarships for students in the greater Lakes Region, who

intended to pursue an art related degree. SEE **SCHOLARSHIP** PAGE A10

Notes from the Gilford Public Library

Classes & Special Events
April 29 - May 6
 *Sign up and face masks required

Thursday, April 29
 *Geri Fit, 9:45-10:45 a.m.
 *Bridge, 10:30-11:30 a.m.
 French, 4-5 p.m.

Friday, April 30
 *Advanced Line Dancing, 9-10 a.m.
 Chalk Art!, 1-2 p.m.
 Join Miss Jill in making art and playing games with chalk!
 *Knit Wits, 1:30-2:30 p.m.
 *Advanced Conversational German, 2:30-3:30 p.m.

Saturday, May 1
 Visor Decorating Craft, 10 a.m.-1 p.m.
 Drop by the Children's Room to decorate your own visor!

Monday, May 3
 *Geri Fit, 9-10 a.m.
 **Note the new time slot
 *Mahjong, 12:30-3 p.m.
 Mother's Day Brunch Cooking Live, 1-2 p.m.
 Kayleigh will be on Facebook Live to make some tasty brunch dishes for a great Mother's Day!

Tuesday, May 4
 *Geri Fit, 9-10 a.m.
 **Note the new time slot

slot
 Mother Goose on the Loose, 10:30 a.m.
 Line Dancing: Lower Intermediate, 4-5 p.m.

Wednesday, May 5
 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!

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! 5th-12th grade.

Thursday, May 6
 *Geri Fit, 9-10 a.m.
 **Note the new time slot

Documentary Discussion, 6-7 p.m.
 Join Kayleigh for a documentary showing and discussion. We'll watch the short documentary On Beauty, a film that follows a fashion photographer and a young woman with albinism in a story that challenges norms and redefines beauty.
 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.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of April 19-25.

Jamal R. Hadley, age 50, and Donna L. Hadley, age 51, both of San-

bornton, were arrested on April 20 for Criminal Trespassing.

Henry J. Lamontagne, age 60, of Laconia was arrested on April 21 for Criminal Liability for the Con-

duct of Another.

Samantha Ann Wildenberger, age 35, of Laconia was arrested on April 23 in connection with multiple bench warrants.

Xavier Mullen, age

18, of Gilford was arrested on April 24 for Possession of more than three quarters of an ounce of marijuana and/or five grams of Hashish.

Gilford Public Library Top Ten Requests

1. "The Four Winds" by Kristin Hannah
2. "The Palm Beach Murders" by James Patterson
3. "The Red Book" by James Patterson
4. "Win" by Harlan Coben
5. "Turn a Blind Eye" by Jeffrey Archer
6. "The Bounty" by Janet Evanovich
7. "Ocean Prey" by John Sandford
8. "Of Women and Salt" by Gabriela Garcia
9. "Eternal" by Lisa Scottoline
10. "The Affair" by Danielle Steel



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COURTESY

Artists of the Month

At the Lakes Region Art Association's April meeting, seven member had their submissions voted as the best in LRAA's Artist of the Month contest. The winners are (L-R), back row: Oil painting by Martha Aucoin, Pastel painting; Duane Hammond, Photograph; Sherwood Frazier, and Watercolor painting: Barbara McClintock. Front row: Ink and brush; Christine Fogg, Acrylic painting; Krista Doran, and 3-D Collage; Paul Foote. Each artist will have their art on display for the Month of May at a number of lakes region banks and libraries. The LRAA / Gallery recently moved to new and larger space, suite 300, Tanger Outlets, 120 Laconia Rd., Tilton. There, hundreds of paintings and photographs are on display Thursday-Sunday 10 a.m.-6 p.m.

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Registration open for summer, basketball camps at GYC

BY ERIN PLUMMER
mnews@salmonpress.news

Registration is open for a few summer camps going on at the Gilford Youth Center, including the GYC's annual camp for middle schoolers and Lakes Region Elite's basketball camp.

The Gilford Youth Center will be offering its annual summer camp for middle school-aged kids.

The GYC's summer camp is a full day camp that runs seven days a week for seven weeks. The camp is open to any student from Lakes Region schools in grades 5-8, which includes students entering grade 5 and grade 9 in the 2021-2022 school year.

Activities will focus on active living, building self-esteem, team building skills, problem solving, and many more.

The camp will take place in the GYC and also utilize the Gilford Community Church and Wixson Commu-



FILE PHOTO

Lakes Region Elite will be offering its Summer Skills Basketball Camp this summer at the Gilford Youth Center.

nity Center, the town fields and town beach, the Gilford Public Library, and other locales. There will also be field trips, the destinations will be announced closer to the dates of camp.

Slots are available for the whole summer

or for a certain number of weeks with different fees. Financial assistance is available and information is available on the GYC's website. Spots are available on a first come, first served basis.

For more information on the camp and

to register, visit <http://www.gilforyouthcenter.com/2021-gyc-summer-camp.html>.

The GYC is also hosting the Lakes Region Elite Basketball league's Summer Skills Basketball Camp: a full day, seven day a week camp for students in

elementary and middle school.

Kids who go to the camp will get the chance to improve their basketball skills through drills, games, and more as well as work on team building, social skills, and leadership.

Players of all skill level are welcome to sign up. The camp will be run by coaches and staff from Lakes Region

Elite.

Session 1 for grades 5-8 will run from Aug. 9-13 from 8:30 a.m.-4:30 p.m. Session 2 for kids in grades 2-4 will run from Aug. 16-20 from 8:30 a.m.-4:30 p.m.

The camp is \$150 per person and all campers will receive a t-shirt.

For more information and to register, visit <http://www.lre-litebasketball.com/summer-skills.html>.

Gilford Parks and Recreation News

BY HERB GREENE
Director

Gilford Parks and Recreation

Virtual CodeWiz Minecraft World Builder Program

The Gilford Parks and Recreation Department is offering a six-week virtual Minecraft World Builder program on Thursday evenings from 6 - 7 p.m. beginning May 6. This program is open to students ages seven to 12. Space is limited in this program and registrations will be accepted on a first come basis. There are specific computer and software requirements to be able to participate in this program, which will be held virtually via Zoom. The cost for this program is \$150.00 and the deadline to register is Friday, April 30. Registration forms are available in the Town Hall and on the Parks and Recreation Web site at www.gilfordrec.com.

For more information, please call the Parks and Rec Office at 527-4722.

Adult Spring Hiking Program begins on May 4!

The Gilford Parks and Recreation Department is sponsoring a series of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. These hikes will begin on May 4 at Winnisquam Scenic Trail in Belmont. 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 and Recreation Department at 527-4722.

Lakes Region Chamber announces 2021 officers & directors

LACONIA — The Lakes Region Chamber recently announced the 2021 Officers and Directors at the annual business meeting. Outgoing Chair Chris Dickinson of Northway Bank virtually passed the gavel to Incoming Board Chair, Lori Contraros of T-Bones & Cactus Jack's in Laconia.

"Like many industries, the hospitality industry has been tremendously impacted over the past year," stated Lori Contraros, "We have made hard decisions. We have modified, adjusted and responded to each challenge that we faced. We will continue to stay strong for our customers and our employees. Local businesses ARE the Lakes Region Chamber and together we will continue to strengthen and grow our local economy."

The Chamber's Executive Board for 2021 include: Board Chair Lori Contraros

of T-Bones/Cactus Jack's; 1st Vice Chair Marc McNamara of The Enablement Group; 2nd Vice Chair Dirk Nadon of Lakes Media 104.9 FM The Hawk & Lakes 101.5 FM; Treasurer Penny Raby of Malone Dirubbo & Co; Secretary Darcy Peary of LRG-Healthcare and Immediate Past Chair Chris Dickinson of Northway Bank.

The current Board of Directors is represented by: Ted Fodero of Meredith Insurance Agency; Bob Fitzpatrick of Vista Foods; Brian Chalmers of Meredith Village Savings Bank; Patrick Clausen of Proctor's Lakehouse Cottages; Angi Francesco of Squam Lakes Association; Kara Olson of Laconia Refrigeration; Dr Larissa Baia of Lakes Region Community College; Adam Hirshan of Laconia Daily Sun; Grace McNamara of LRPA-TV; Don St. Gelais of Lakes

Region Airport Shuttle; Lisa Byars of Bank of NH; Jeff Mills of Moulton Farm; Jennah Wolak of Service Credit Union; Lorrie Determann of LTD Company & Sarah Laliberte owner of Mainspire.

The Lakes Region Chamber operations continue to be led by Karmen Gifford, President. The Chamber is currently planning in-person events including a celebration of the Business Inspiration Awards formerly Golden Trowel and Golden Hammer recognitions. The Chamber continues to promote on-line webinars and collaborates with both state and local agencies to provide resources. Workforce is at a critical need. The Chamber will co-host a Virtual Job Fair on May 13 featuring more than 80 employers that are hiring. This event is being promoted throughout the state and across the borders to attract candidates

to live and work in our beautiful region.

The Lakes Region Chamber of Commerce is a non-profit, 501c-6 organization supporting business in more than 30 towns/cities. The Lakes Region Chamber is made up of members who make a financial commitment to the Chamber and to the business community. Chamber members work together to improve business in the Lakes Region and the quality of life for residents. For more information about the Lakes Region Chamber, visit LakesRegionChamber.org including a comprehensive Business Directory and Community Calendar of Events.



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Fighting pandemic fatigue

While more and more people are getting vaccinated, and hospitalizations and deaths are down, the numbers of COVID cases, especially in some rural areas, are climbing. This pandemic is not over, as much as we all want it to be. Life seems to be slowly getting back to normal, however many restrictions, including travel bans and masking are still in place leaving some of us a bit deflated a year later. The number of individuals choosing to vaccinate is hope that there is a light at the end of the tunnel, yet COVID fatigue is still affecting many.

One thing to remember is that we're all in this together, and will all make it through together. Many of us have learned quite a bit about ourselves having been faced with this once in a lifetime scenario. We now know just how extroverted or introverted we all are. Perhaps changes have come by way of new or different opportunities.

Silver linings are still a part of the chatter about town. This is a good sign; however, for those who are gripped by pandemic fatigue, we have a few tips to share. We've all felt it at one point or another over the past year, you are not alone.

Last year, everyone was isolated as businesses and schools closed. We all stayed home for months as the virus took hold of the world. During that difficult time, we all found ways to cope, together. The summer months brought some reprieve, with outdoor events being dubbed 'OK' as long as safety protocols were adhered to. During the winter months we saw another surge that made us all feel as though it would never end.

It's important to talk about and acknowledge just how tough things have been for each and every one of us. The unexpected changes the pandemic delivered were a doozy. Over the past year, we have all worried about loved ones and the burden that comes along with potential changes in finances. Isolation is never easy either. Despite these challenges we are all here, in this together and accolades should be given to everyone who did what they could to help stop the spread, encourage friends and family and for keeping yourselves upbeat as much as possible.

Remember to check in with yourself and take note if you feel impatient, angry, depressed or irritable. Those feelings are normal and make sense given the circumstances, but experts say it's important to be aware.

Breathing exercises are always suggested as they are the fastest and easiest way to reduce stress. Relax your shoulders and slow your breathing. The physiological response centers on the nervous system.

Limit your screen time. We say this often. Some call it 'doom-scrolling.' Think of the good old days before social media when it was your choice about what you read. Seeing too much negativity can increase that feeling of dread and uncertainty. If you need some good news, simply Google "good news"; we promise, it's out there. If you're trying to unwind, listen to music or watch shows that remind you of simpler times. Some of our favorites include The Beach Boys, Led Zeppelin and The Doors. For a good reset, nothing beats watching re-runs of Three's Company, one the best sitcoms to come out of the 1970's.

In the words of Bernard Beckett, "Human spirit is the ability to face the uncertainty of the future with curiosity and optimism. It is the belief that problems can be solved, differences resolved. It is a type of confidence. And it is fragile."

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:
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Our fax number is 279 3331.
E-mail us at brendan@salmonpress.news.
We're looking forward to hearing from you!



ERIN PLUMMER

Overflowing brook

A view of Gunstock Brook from Route 11B during a heavy rainstorm in late March.

NORTH COUNTRY NOTEBOOK

There was a bit more to it than getting the paper out



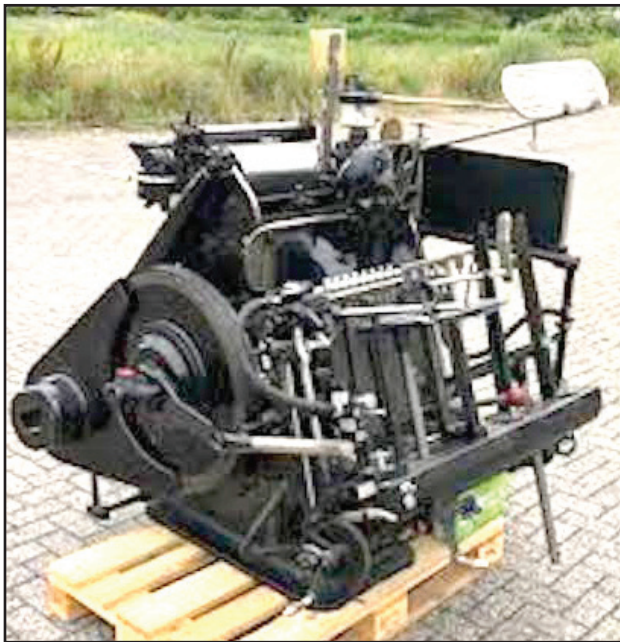
By JOHN HARRIGAN
COLUMNIST

What I miss about my life's work is running presses. I still get to write, which I love, but the mechanical end of things, which I loved too, is all memory.

People picturing someone running a country newspaper most naturally focus on the paper itself. The owner always seems to have a notepad and camera. Somewhere back at the office there must be a big machine like a meat grinder. In go news and ads and comics, and out come the papers.

But at a country newspaper, a job-printing shop often comes right along with the newsroom. This means that if the owner-publisher-editor-reporter cannot afford to hire a printer, he has to be one.

At a small shop, "printer" means doing it all---typesetting, arranging and locking lines of type in a heavy metal frame, setting up a press for a particular job (stationery, busi-



COURTESY PRESSCITY.COM

A well-used Heidelberg windmill press, all loaded up and on the way to somewhere else.

ness cards, envelopes), locking the frame into the press, stacking the paper onto the feed-tray, and making sure everything is ready for the run.

I remember going to New England Press Association publishing and printing shows at the Prudential Center in Boston. Vendors had hospitality events for pooh-bah publishers. There were always a few with ink on their thumbs.

+++++

I dream of many things from my newsroom and ownership days, but most often it's about running a press. This can be the big newspaper press we set up in Lancaster in the late '70s at the old railroad junction just south of the Fairgrounds, called (of

course) Coös Junction Press, or the elegant Heidelberg down at the job-printing shop, or maybe the Chief 15, a hardy little offset. Most often, it's the Heidelberg windmill.

I pick up the composing stick. For some jobs, we set the lines of type one character at a time, reverse-cast foundry type pulled from oak or chestnut cases, the order of which I remember to this day. Four cabinets contained around 80 different kinds of type.

But in the dreams, it's my favorite typeface, Garamond, an old and elegant family, named for the Frenchman who designed it, its roots dating back to the Roman.

I finish the top line. The job is, oh, half-sheet-sized stationery, and it says something like "Willard's Will-

o-the-Wisps." And the next line says, in italics, "Vagaries of Weather Captured on Film." And then the address. And if I'm clever about things, I can use the same setup for the envelope.

I add spacing to each line so the whole forms an oblong, and then lock it into a metal frame, called a chase. I lock the chase into the press, a beautiful Century Model made to mark Heidelberg's first centennial (today it is an industry giant).

I turn the press over a few times, to ink the type and make sure all is ready. And then I begin the job, slowly at first, and then cranking up to speed once all seems well.

The phone is ringing, the front-office crew are back and forth, Albert is coming through with a load of wood for the office stove, which by roundabout flow of air (up the front stairway, down the back) can heat the whole place. The wryly named office cat, "Typo," appears for a stretch.

I notice it all, but see and hear nothing, caught up in the job at hand.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

FROM OUR READERS

A delicious opportunity to support the Children's Auction

To the Editor:
Tagg Team, one of the many great teams that make up the 2021 Community Challenge in support of the Children's Auction, is offering a delicious opportunity to support our fundraising effort helping children and families here in the greater Lakes Region.

Partnering with a generous donation by Winnetka Bay Gulls, we will be selling bags of three bagels for a \$3 donation. The variety will change weekly, and limited quantities will be offered. Bagels will be available at Patrick's on Wednesday evenings at 6 p.m. as part of Patrick's Shuffle event, which takes place every

Wednesday from April 28 through June 9.

We invite everyone to stop by to grab some delicious bagels. Also, consider joining us for the weekly Shuffle at Patrick's beginning at 5 p.m., with a post shuffle raffles at 6 p.m. Participation details are on Patrick's Web site at www.patrickspub.com/the-shuffle.

We are grateful to all the volunteers and supporters of the Children's Auction who help local kids and families!

Judi Taggart
Gilford

Belknap Mill’s Historic Laconia Scavenger Hunt returns for fifth year!

LACONIA — The Belknap Mill is pleased to announce that it will be celebrating the 5th Annual Historic Laconia Scavenger Hunt on Saturday, June 26 from 12:30 - 4 p.m. Over the past four years, this event has grown tremendously, and participants have enjoyed this engaging and fun experience while learning about Laconia’s rich history and hidden gems. Laconia still has secrets to find and stories to tell! The 5th Annual Historic Laconia Scavenger Hunt is looking to be the most exciting yet!

Research for clues and challenges began several months ago with help of our volunteer ‘Clue Crew.’ Players this year will find the number 5 as a regular theme throughout the hunt.

“The biggest hint for teams playing this year is to be very observant; a keen eye will be the strongest advantage a team can have,” stated Tara Shore, Program & Operations Manager.

Returning ‘Clue Crew’ members include Lesley Marden, Jane Connelly, Patti Clifford, and Jess Gulyus. New Crew



co-workers. The Hunt is appropriate for all ages and levels of knowledge about the history of Laconia. Interested teams can register on the Belknap Mill’s new Web site, www.belknapmill.org.

The \$30 registration fee supports mission driven programming delivered year-round by the Belknap Mill. Participating teams receive a ‘Clue Packet’ when the Hunt begins. New for this year, the packet will include the opportunity to promote your business, your Scavenger Hunt team, or send a message to a team. Ads are available starting at just \$10 for a quarter page up to \$40 for a full page and is another great opportunity to support the Mill.

members, Belknap Mill Board Member, Laura LeMein and Heidi Smith have joined the team this year.

Smith shares, “There is so much to learn about Laconia’s history and what a better place to learn about it then by creating clues for the Historic Laconia Scavenger Hunt! I am really enjoying being a member of the ‘Clue Crew!’”

On the day of the Hunt, check-in for teams starts at 12:30 p.m. at the Belknap Mill and the Scavenger Hunt will take place from 1 – 3:30 p.m. Teams of up to 6 people will work together to try and tackle as many of the 60 challenges as they can in the allotted time while documenting each clue with a photo or video taken with a smartphone and texted to a judge to obtain credit.

We invite the community to join us! Create a team with your family, friends or

Interested teams, and those who wish to advertise in the Historic Laconia Scavenger Hunt packet, can find more information at the Belknap Mill’s new Web site, www.belknapmill.org.

The Historic Laconia Scavenger Hunt is generously sponsored by Bank of New Hampshire. To learn more about Belknap Mill programs and events please visit us on Facebook, visit our Web site or contact us at: 524-8813.

Comfort Keepers Managing urinary incontinence

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Urinary incontinence is an issue that more than half of seniors deal with, and it can affect a senior’s health, social connections and self-esteem. Managing incontinence is critical for seniors that want to maintain their independence and quality of life while remaining in their home.

While incontinence is a highly prevalent issue, it’s important to remember that incontinence is treatable, and a physician can make recommendations based on the type of incontinence they diagnose.

Why does incontinence happen?

During urination, muscles in the bladder tighten to move urine into a tube called the urethra, while the muscles around the urethra relax and let the urine pass out of the body. When the muscles in and around the bladder don’t work properly, urine can leak. Incontinence can occur for short periods of time due to urinary tract infections, constipation, or as a side effect of a medication.

How is incontinence diagnosed and treated?

Depending on the severity of the problem, a doctor may recommend any or all of the following:

- A urinalysis to rule out infection or blood in the urine
- Blood tests to check on kidney function, calcium and glucose levels
- A complete physical exam and thorough discussion of one’s medical history
- Medicine that calms muscles and nerves to treat an overactive bladder.
- Exercises to strengthen the pelvic muscles
- If other treatments fail, surgery may be suggested to improve bladder control.

How can incontinence be managed at home?

There are a few lifestyle changes that can help manage incontinence:

- Pelvic muscle exercises: Working the muscles that can stop urination can have a positive effect in reducing incontinence.
- Timed bathroom breaks: Going to the restroom on a schedule can help those with urge and overflow incontinence.
- Fluid and diet management: Avoid food and

drinks that irritate the bladder. It’s important for seniors to discuss their diet and fluid intake with the doctor before making any changes.

• Behavioral changes: There are some habits that can make incontinence worse. These include smoking, drinking alcohol, lifting objects that are too heavy and consuming caffeine, among others.

Comfort Keepers® can help

If your loved one has specific care needs related to a health issue, like incontinence, we can help. Our caregivers can provide transportation to appointments, medication reminders, support for physician-recommended diet and exercise programs, and help monitor physical changes and symptoms. And, we strive to elevate the human

spirit through quality, compassionate, joyful care.

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 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.

Shaker Regional School District Request for Proposal Precast Stairs

Shaker Regional School District is seeking proposals for the purchase, delivery and installation of precast stairs at Belmont Elementary School. The complete proposal can be obtained by visiting the website, www.sau80.org, or by contacting Steve Dalzell at 267-9223x5309.

Shaker Regional School District Request for Proposal

Drainage (Swale) for SAU Parking Lot

Shaker Regional School District is seeking proposals for the installation of drainage (swale) for the SAU Parking Lot. The complete proposal can be obtained by visiting the website, www.sau80.org, or by contacting Steve Dalzell at 267-9223x5309.

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Edward Jones: Financial Focus

Look at your financial situation holistically

What’s the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let’s consider some of them:

- *Your views on helping your family* – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you’ll need to decide if you’re going to put away money for their college education, and, if so, how much, and in what investment vehicles. When they’re young adults, you may also need to decide how much financial support you’re willing to provide for things such as the down payment on a new home. And when you’re drawing up your estate plans, you’ll need to consider how to distribute assets to your children, grandchildren or other family members.
- *Your personal beliefs* – As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that’s why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you’ll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you’ll need to work with your tax and legal advisors.
- *our purpose in life when you retire* – When you retire, you may be stepping off a career path, but you’re

also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you’ll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

- *Your health* – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the

healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous – in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth. It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime’s financial strategy, every part of your life matters.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith, NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

Children’s Auction names Jennifer Kelley Executive Director

LACONIA— Jennifer Kelley, the coordinator of the Greater Lakes Region Children’s Auction since October 2018, was recently named executive director of the nonprofit by its Board of Directors.

“I’m thrilled to be continuing my work with the auction,” Kelley said. “I am so inspired and amazed at the level of community engagement in this region. The Lakes Region is like no other community I’ve ever seen—so giving and connected—and that’s truly impressive.”

Kelley came to the Children’s Auction with a great deal of experience in managing a nonprofit.

She previously served as executive director of Kids Helping Kids in Stamford, Conn., which she founded with her daughter, Lexi, in 2009.



COURTESY

Jennifer Kelley

Diversity Equity and Inclusion certification at the University of South Florida Muma College of Business.

This year marks the 40th anniversary of the Children’s Auction, and Kelley is excited at the auction’s growth over the years. She is also impressed that the organization thrives with a 16-member board of directors, and that the annual event is organized and staffed entirely by volunteers.

Since she began working at the auction, Kelley has obtained a Platinum GuideStar rating for the organization, improved communications through a monthly newslast, blog and increased social media presence, as well as re-designing the website. She has also developed stronger relationships with leaders of local nonprofits by personally visiting almost all the organizations the auction has funded.

Kelley said, “It’s powerful for us to know more about them, learning more about their needs, their struggles, and what they are accomplishing in the area. I’m always looking for ways to share additional resources and recently hosted a webinar to help assist nonprofits in obtaining grants from local

corporations and foundations.”

As a child, Kelley spent summers in Moultonborough and moved full time to Gilford five years ago. She has enjoyed that her auction work got her out in the community.

“I’ve enjoyed becoming part of the fabric of the area. Being part of the Children’s Auction has allowed me to learn so much and to get to know the community,” she said. “I love making an impact.”

In addition to deepening relationships with local business-people and increasing sponsorship, Kelley’s biggest goal is expanding the circle of people who know about and support the auction.

“There are many homeowners in the area who are not aware of this amazing event and our mission to engage the community to financially support children in need in the Greater Lakes Region,” she added. “I feel confident that when they learn about our impact, they will completely support us.”

Learn more about the auction at www.ChildrensAuction.com, where you can discover more about sponsorship opportunities and ways to donate.

Belknap EDC loan program provides supports Winnepesaukee Cleaning

LACONIA — Winnepesaukee Cleaning owner, Tabitha Perkins and her daughter, Cortland Findlay, who helps her run the business, recently closed on the purchase of Bear Tree Lodge in Meredith with financing support from the Belknap Economic Development Council (Belknap EDC).

The purchase of Bear Tree Lodge means a lot to the long-term growth of Winnepesaukee Cleaning, allowing them to build a garage space, provide housing to staff and be their new full-time headquarters.

Findlay described their experience with Belknap EDC as “easy” and “stress free.”

“It was a wonderful process that really opened the door for me to all that Belknap EDC does for small businesses like ours,” states Findlay. “They’re willing to work with your creativity and run with your ideas. Justin and the Belknap EDC team were extremely helpful with everything.”

Findlay reflects, “To think...just 11 years ago my mother was working out of her

house and here we are now, moving from a rental space to a place we’ll own, all with the ability to stay in Meredith. We’re all very excited about this next chapter of Winnepesaukee Cleaning.”

“Belknap EDC enjoyed working with the Winnepesaukee Cleaning team to assist them as they expand their operations in Meredith”, stated Justin Slattery. “We wish them great success in the future and look forward to continuing to work with them.”

About Winnepesaukee Cleaning

In 30 years of cleaning experience and more than 15 years of owning Winnepesaukee Cleaning, Tabitha Perkins, has successfully cleaned numerous properties throughout the Meredith and surrounding areas. Winnepesaukee Cleaning comes accomplished and well equipped in cleaning a range of needs. Winnepesaukee Cleaning understands their clients’ necessities and continues to strive to clean every client’s

house to perfection.

About Belknap Economic Development Council

Belknap EDC is one of ten non-profit regional development corporations in the state of NH. Since its inception in 1992, Belknap EDC has brought \$3 million in new capital to Belknap County in the form of federal grants and loans that comprised the seed capital for its revolving loan fund. Belknap EDC has used this capital to make loans to 80 Belknap County businesses, which leveraged over \$91 million in capital from other sources and created or retained more than 1,700 jobs. Our loan fund continues to assist new and growing businesses who cannot access 100 percent of the financing they need from conventional sources. Belknap EDC works to retain and attract talented people to Belknap County, support entrepreneurs in Belknap County, support community advancement and development, and enhance workforce development programs in the Lakes Region. For more information, please visit www.belknapedc.org.

That organization has a mission to develop leadership through youth-led service projects to help under-resourced children.

Kelley has a Bachelor’s degree in business administration from the University of Vermont and a master’s in education from Sacred Heart University in Connecticut. She is also obtaining

Deborah Bossey inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Deborah Bossey of Laconia was recently initiated into The Honor Society of Phi Kappa Phi, the nation’s oldest and most selective all-discipline collegiate honor society. Bossey was initiated at Framingham State University.

Bossey is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership.

Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi

Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization’s notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards more than \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappaphi.org.

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Debra Claffey demos encaustic painting to LRAA members

TILTON — At the Lakes Region Art Association’s monthly members meeting, April’s guest speaker, was Debra Claffey. She is a highly accomplished and an

Lakes Region Art Association Gallery relocates to new space

TILTON — “We’ve been planning this for months, and now we’re ready for the big grand opening,” said Tom Hitchcock, President of the Lakes Region Art Association.

“On May 2, 2-5 p.m., we’re inviting the public to come see, hear, taste and help us celebrate LRAA’s big move into our new gallery, Tanger Outlets, 120 Laconia Rd., Tilton, NH suite # 300,” Hitchcock added.

The name of the grand opening is: ‘Fabulous Flowers and Fine Art Festival.’ A number of lakes region florists and garden centers are participating by creating beautiful and inspiring floral, plant and garden displays, juxtaposed with hundreds of fine art paintings and photographs by LRAA members.

LRAA member and Marketing Director for the Festival, Pat Edsall, stated, “We want to reintroduce ourselves as the best place to go and see outstanding examples of fine art and photography by including exhibits

from a number of lakes region floral and garden artists to show the relationship between rearranged natural beauty, and that with the creative minds of artists and photographers.”

Adding to the mix, the Fabulous Flowers and Fine Art Festival will include free live music, wine and cheese, a variety of hors d’oeuvres and nabs. Also, a raffle with prizes donated by LRAA members and virtually all retail stores in Tanger Outlets.

“In addition, the public is invited to vote for their choice of a painting or photograph they’d like best to win the People’s Choice Award, and for their choice of the best floral or garden exhibit,” Edsall concluded.

The ‘Festival’ will remain open the month of May. For info: contact the LRAA / Gallery, Thursday-Sunday, 998-0029. Lakes Region Art Association is a 501-c-3 non-profit org. Its objective since 1920, is the support of artists and the arts.



COURTESY
Guest Speaker at the Lakes Region Art Association, Debra Claffey presented a slide show and an onsite demonstration on how to paint using beeswax and pigments to create an encaustic painting.

award-winning encaustic painter.

Encaustic painting, also known as hot wax painting, involves beeswax to which a variety of colored pigments are added. It is very adaptable to manipulation, with her use of mixed media and multi layers for carving into and building up multiple layers. Substrates used to paint on, can vary between prepared wood, canvas, watercolor paper, card stock or just plain paper.

Her presentation and video talk included many visuals of her works which was followed by a demonstration on how to paint in encaustics. Her impressive art background, schooling, talent and her BFA in Painting from the School of the Museum of Fine arts in Boston and Tufts University, including an Associate’s degree in Horticultural from the University of NH, more than establish her credentials as a highly accomplished encaustic artist. Claffey has curated five exhibitions, and in June 2017, she curated and organized “The Space Between Shadow and Light” for the Eleventh International Encaustic Conference in Provincetown, Mass. She’s also past president of New England Wax, and past president of the New Hampshire Chapter of the Women’s Caucus for Art. Raised in Connecticut, Claffey now calls NH home where she teaches and paints.

Claffey was introduced by LRAA Director of Marketing, Pat Edsall.

HIGH SCHOOL SLATE

Thursday, April 29
GILFORD

Boys’ Lacrosse at Inter-Lakes; 4
Boys’ Tennis vs. Inter-Lakes; 4
Girls’ Lacrosse vs. Inter-Lakes; 4
Girls’ Tennis at Inter-Lakes; 4

Saturday, May 1
BELMONT

Track Home Meet; 10
GILFORD
Track at Belmont; 10

Monday, May 3
BELMONT

Baseball at Laconia; 4
Softball at Laconia; 4
GILFORD
Baseball vs. Winnisquam; 4
Girls’ Lacrosse vs. Laconia; 4
Softball vs. Winnisquam; 4
WINNISQUAM
Baseball at Gilford; 4
Softball at Gilford; 4

Tuesday, May 4
BELMONT

Track at Gilford; 4
GILFORD
Boys’ Tennis vs. Moultonborough; 4
Girls’ Tennis at Moultonborough; 4
Track Home Meet; 4
WINNISQUAM
Track at Laconia; 4

Wednesday, May 5
BELMONT

Baseball vs. Laconia; 4
Softball vs. Laconia; 4
GILFORD
Baseball at Winnisquam; 4
Softball at Winnisquam; 4
WINNISQUAM
Baseball vs. Gilford; 4
Softball vs. Gilford; 4

Thursday, May 6
GILFORD

Boys’ Tennis at Moultonborough; 4
Girls’ Lacrosse at Belmont; 4
Girls’ Tennis vs. Moultonborough; 4

All schedules are subject to change.



COURTESY

Huot students win awards at Small Engine Competition

The Huot Career and Technical Center is pleased to announce awards won by two of our students at the NH Auto Dealers Association (NHADA) annual Small Engine Competition held April 7 at MB Tractor in Tilton. Riley Demers (HTC/GHS) won a second place award which includes an \$800 scholarship that may be used for automotive related programs at several Community College System of NH schools. The Huot Center is pleased to report that Tristan Dow (HTC/GHS) won first place overall and a \$1,000 scholarship. Both students are in their first year at the Huot Center. The Huot Center wishes to thank NHADA, CCSNH and MB Tractor for their support of this event. Congratulations are also extended to our program instructor Lisa Diggins for her work with these students.



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SASHA

Bank of New Hampshire promotes Nancy O'Connor to AVP – Retail Lending Processing/Post Closing Manager

LACONIA — Bank of New Hampshire is proud to announce the promotion of Nancy O'Connor to Assistant Vice President – Retail Lending Processing/Post Closing Manager. In this role, she will supervise the daily operations of the processing, closing and post-closing areas of the bank's Retail Lending team. She will ensure the staff is well trained in all aspects of their positions and that loan files are completed in compliance with federal and state regulations, expedit-




COURTESY
(Left) Nancy O'Connor
ing the loan process for customers.
O'Connor joined Bank of New Hampshire in 2012 as a Mortgage Loan Processor, and later continued on the Retail Lending team as a Senior Processor/Closer and Mortgage Loan Assistant. Nancy brings expertise and experience to her new role with over thirty years of experience in the lending industry.
“I am very excited and pleased to have Nancy in this role,”

said Melissa Mansfield, VP – Retail Lending Operations Manager for Bank of New Hampshire. “Her hard work, dedication and commitment to providing outstanding customer service made her the perfect choice. With Nancy’s years of experience in residential lending, she brings a wealth of knowledge to this leadership role.”
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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.

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QUARANTINE

(Continued from Page A1)

lunchrooms, and classrooms; and review of camera footage.

“Based on the information related to our latest outbreak in cases we have determined that none of the COVID-19 transmission has happened in the school setting or on the sports teams,” Beitler wrote.

Members of four sports teams have been quarantined based on contact tracing, including all the players on one team. Beitler wrote that this was a result of teams playing against other

teams that did have a positive case or a positive case on a Gilford team.

“Right now, the quarantining guidelines for an uncontrolled environment are six feet or less for an accumulation of 10 minutes or greater regardless of mask wearing,” Beitler wrote.

Beitler wrote that the schools will continue using standard practices against COVID-19 transmission including face masks, social distancing, and cleaning the schools everyday. People who are not feeling well are

urged to stay home and anyone with COVID-19 symptoms is asked to get tested.

“I am extremely proud of the Gilford Schools and all that we have been able to accomplish this school year,” Beitler wrote. “We have done a tremendous job. We need to stay focused on getting through this school year as safe as possible and that means we all have to be in this together. Please take time to self-screen and follow the quarantining guidelines.”

CABLE

(Continued from Page A1)

tium may shrink in size,” Dunn said.

Dunn said Gilford and Laconia are in

a unique situation where they have franchise agreements with two competing compa-

nies: Atlantic Broadband and Comcast. He said this process will be ongoing.

SCHOLARSHIPS

(Continued from Page A1)

It had long been Mrs. Thorndike’s dream to establish an art scholarship, to help students in the area complete their college education and encourage their artistic future. The award was to be administered through the Lakes Region Scholarship Foundation. The first award was made in 2001 with Mrs. Thorndike present. Since her passing the following year, the scholarship foundation has been pleased to have Mr. & Mrs. Chuck and Karen Thorndike present at the awards presentations, in order to tell Annalee’s story and show her work to the recipients and guests.

Joan Frates, LRSF vice-president, was the event chairman this year, with a small committee of assistants, including Judy Ball and Paulette Loughlin from the scholarship foundation. Additionally, as in the past, a panel of judges were asked to review the work of the applicants. The judges are usually local artists and this year they included: Larry Frates, Roger Gagne and Acacia Rogers.

When speaking with Joan Frates, she commented “We were pleased with the caliber and variety of the work presented this year. It was a pleasure to be able to have

the Thorndikes come, once again, to represent Annalee. Their presentation really brings Annalee alive to all of us and seeing some of the dolls, even from her earliest days gave us a window into her talent and creativity.”

She added, “We are so grateful to our panel of judges for volunteering their time not only to judge but to speak with the students on awards night. We are also grateful to Katherine Dormody, director of the Gilford Public Library and to her staff for allowing us to use their beautiful facility to display the students work for a week.”

SPEED LIMIT

(Continued from Page A1)

in and now the DOT is reviewing the request again and working with the governor’s office.

Another instance was a pathway project in North Conway that Kenney said “died.” He said he inquired about the project’s status and the project started back up.

“I love my DOT guys at the local level,” Kenney said. “The DOT is a bureaucracy, and unless you’re on them constantly, they will just put it on the shelf and they will let it sit there for a while.”

Another matter was the sale of property in Groveton for a camp

project that got snagged in the state. Kenney called and asked the commissioner to take another look to find that sale, now the camp committee is back in action.

Dunn said he would greatly appreciate it if Kenney got involved on this.

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Local artist hosting outdoor painting classes

TILTON — Artist Acacia Rogers will be teaching a beginner friendly seven-week crash course in outdoor painting this spring! It will start at the LRAA Gallery, 120 Laco-
nia Rd. (Tanger Outlets), Suite 300, Tilton, and continue in various local outdoor locations, to be determined.
Beginning Thursday, May 13, 10:30 a.m.-2p.m. Dates are as follows: May 13, 20, & 27 and June 3, 10, 17, & 24. Students will bring their own materials. Refer to the supply list on her Web site, AcaciaRogers.wix.com/FineArt or contact Acacia for more details.

Take your easel outdoors this spring and paint the beauty of nature on-location in the fresh air and sunshine! This seven-week beginner and intermediate friendly class is a great introduction to the wonders and

challenges of painting "En Plein Air" like the many masters before us.
We will cover everything from the basic set-up and materials needed for painting outside, to sketching and replicating the scene before you, to creating the colors of nature, capturing light, and so much more! Visit three scenic locations around the lakes region and enjoy multiple live demos, side by side easel time, critiques, and even group lunches. Join us in May and have fun creating art outdoors while enjoying this year's beautiful weather!

Acacia Rogers is a passionate self taught artist, and has been her entire life, over 10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with



a particular affinity for animals and wildlife. Her first memories of artistic inspiration as a child are of older Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on movies such as the "The Lion King," "Mulan," "Brother Bear," and "Aladdin." She later included in her repertoire portraiture, still life, and landscape, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting. She absolutely loves everything about the process

of learning to paint. She now paints full time, and works alongside many accomplished artists from a colorful array of different backgrounds. She currently shows her work in the Ceres gallery in Portsmouth, and is the active Vice President of the Lakes Region Arts Association.
To learn more about Acacia Rogers or to sign up, e-mail AcaciaRogersArt@gmail.com or visit AcaciaRogers.wix.com/FineArt.

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