

## Assessors working on inspections, spring tax bill preparation

BY ERIN PLUMMER  
mnews@salmonpress.news

Town assessors have been hard at work getting ready for the first tax bills and undertaking the latest inspection cycle, according to the town’s assessing agent.

Town assessing agent Marybeth Walker from Corcoran Consulting Associates gave the selectmen an update on the town’s assessing process during Wednesday’s meeting. Walker said the last time she spoke with the selectmen was August of 2020, including an update on how the assessing office was handling the pandemic. She said they are continuing to offer services.

“We’re out in the field, we are giving the opportunity to inspect people’s homes like we normally would, and we are open to the property owners and anyone else who would like to come in the assessing office for any reason,” Walker

said.

With some big assessing deadlines coming up, she said the office has been really busy, taking a lot of calls and working with people who visit in-person.

The deadline to get valuations on subdivision mergers, permits, and other projects in progress was April 1. April 15 was the deadline for tax exemption and tax credit applications as well as current use applications. The town also received a request for a barn preservation easement that will be coming before the selectmen sometime in May.

The town is doing final preparation for the first spring tax bills. The valuation was finalized as of the day of that meeting and the process will continue to get tax collections ready on time.

Walker said the reason some property owners might see a value increase is because their

assessment changed by the time the spring bills were issued if they applied for and were granted an abatement. She said it wouldn’t have changed because of the market value.

Walker said the assessing department has been busy in 2021. Around 1,400 homes were part of an inspection cycle, where assessors would work to measure and inspect properties.

This field information would be compared to the property record cards to make sure all the correct information was in place.

This process makes sure that improvements requiring permitting went through that process. She said not all improvements require permits, but can raise the value of a property. On the other end an inspection could find unreported deterioration.

SEE **ASSESSORS** PAGE A10



Aiden Malek breaks from the blocks in the 100 meters on Saturday morning in Belmont. JOSHUA SPAULDING

## Gilford track girls take second in Belmont

BY JOSHUA SPAULDING  
Sports Editor  
BELMONT — The Gilford track team made the short trip to Belmont on Saturday for a windy meet that also featured athletes from Inter-Lakes and Mascenic.

The Gilford girls finished in second place overall while the Gilford boys finished in fourth place. The host Raiders boys and girls both took the wins.

Maddy Burlock ran to the win in the 800 meters for the Gilford girls,

finishing in a time of 3:05.96.

Lindsey Sanderson snagged first place in the 300-meter hurdles, clocking a time of 56.65 seconds.

In the 100 meters, Brooke Kimball finished in fourth place overall with a time of 16.46 seconds, while Abby Seal ran to second place in the 400 meters with her time of 1:13.33.

Abby Kenyon threw her way to third in the shot put with a toss of 21 feet, 8.5 inches and

Kimball finished in fifth place with her throw of 20 feet, one inch.

In the discus, Kenyon tossed 59 feet, six inches to finish second overall, Sanderson threw 52 feet, eight inches for fourth place and Kimball finished in fifth place with a toss of 51 feet, six inches.

Kenyon was also second in the javelin with a distance of 60 feet, nine inches.

Kenyon also stepped

SEE **TRACK** PAGE A10

## The story of a jab, part 2: getting the second shot

BY ERIN PLUMMER  
mnews@salmonpress.news

Readers might recall reading a story a month ago about a local reporter who sat in a line of cars at the Plymouth Armory to get the first dose of the COVID-19 vaccine. This past week that same reporter, me, was back in Plymouth for my second dose of the Pfizer vaccine. Studies have shown that second dose of the Pfizer or Moderna vaccines are essential in creating that nearly 95 percent immunity against COVID-19, though a report from the CDC shows there are a percentage of people who miss that second dose. I now have my second dose, so read on for my own experience on the process and the side effects.

While the Johnson & Johnson vaccine is a single dose, the Pfizer and Moderna vaccines require a second dose after a certain amount of time: 21 days for the Pfizer vaccine and 28 days for Moderna. Studies have shown that getting two doses of either the Pfizer or Moderna vaccines result in a 94 to 95 percent effectiveness against COVID-19. In a press conference earlier this year, Dr. Anthony Fauci said studies have



PHOTOS BY ERIN PLUMMER  
Your local reporter takes a selfie after getting the second COVID-19 vaccine.

shown the first dose provides antibodies against the virus and provides a “threshold of protection,” but the second dose increases that immune response tenfold with a greater threshold against the main type of the virus and the variants. Going with only one dose also increases the risk of creating variants.

The CDC released a report that by February around 88 percent of people who received either one of the two-dose vaccines got their second dose in a timely manner while a little over three percent missed their second dose.

As I said in the first article, the decision to

get vaccinated is a personal one. Additionally, there are also people who aren’t able to get their second vaccine for different medical reasons. This is, again, just my experience getting the second vaccine.

When I got my first dose on March 30, I got my card that already had the second dose scheduled for April 27. I’ll admit I was looking forward to this date and starting the countdown until I was fully vaccinated against this awful virus.

I checked my profile with the state’s Vaccine and Immunization Network Interface (VINI) and confirmed that I was scheduled to go to the Plymouth Armory on April 27. A day before I went, I also filled out their questionnaire, which now included questions about what vaccine I received and if there were any allergic reactions.

On April 27, I was once again getting into the line on Armory Road for the Plymouth site. I had heard that some locations, including the Belknap Mall, had shorter lines though it was clear the Plymouth site still had the same

SEE **SHOT** PAGE A10

## Hundreds turn out for last Free Dump Day



Residents lined up for Free Dump Days, collecting several dumpsters full of materials. Photos from the Gilford Department of Public Works Facebook page. COURTESY PHOTOS

BY ERIN PLUMMER  
mnews@salmonpress.news

More than 800 people came out for both days of Free Dump Days the last weekend in April, the first one since before the pandemic hit and the last one ever after a vote by the selectmen.

Free Dump Days took place April 24 and 25, and lines of residents brought in an assortment of materials.

The last Free Dump Days took place in 2019 and was canceled for 2020 because of the pandemic. In March the board of selectmen voted 2-1 in favor of ending the event after this year considering that the town now had its own solid

waste facility where residents could dump waste all year long.

Theriault gave the selectmen an update on that past weekend’s event during Monday’s meeting.

Theriault said around 500 people came through on Saturday and around 300 came through on Sunday. She said, however, it was hard to tell how many came in specifically for Free Dump Days and not just those using the facility.

“It was hard to differentiate the people coming in to use the regular facility because it was so busy on Saturday, we missed a lot of people who went to the facility

then out back,” Theriault said, saying she tried to click in the numbers of people coming to the trailer though some were missed.

Residents dropped off a huge amount of material during the weekend. The Public Works Department’s Facebook page reported they collected approximately 20 dumpster trailers of construction debris and bulky waste, over 200 mattresses, more than 150 tires, more than 100 TVs and computers, two trailers of scrap metal with overflow on the ground filling another two to three more, and

SEE **DUMP DAY** PAGE A10



# ALMANAC

## Notes from the Gilford Public Library

We are busy here at the Gilford Library gearing up for our 2021 Summer Reading Program, "Tails and Tales." This program has events for all ages (adults included!) and runs between June 23 and Aug. 5. To help with that, we are seeking out our Summer Reading Mascot. Send us a photo of your pet, and they could become the 2021 Summer

Reading Mascot! Email a picture of your pet to [gilfordlibrary@gmail.com](mailto:gilfordlibrary@gmail.com) with their name & a fun fact. Submissions will be accepted from May 1 to June 4. After that, everyone will vote and the winner will be our mascot for the summer of 2021. It's hard to believe that it's coming up so quickly. In the meanwhile, we have an exciting spring calen-

dar of events including crafts for the kids, craft-ernoons for adults on Wednesdays, and community conversations occurring on Fridays. Another big event that we're working on is an Open Mic Night in the lower parking lot. Shoot us an email to sign up if you're an interested performer! Check out our weekly library email newsletters for more in-

depth content, and be sure to check out our Web site and Facebook page for the most up-to-date information.

Also, if you haven't yet heard, we are sad to be saying goodbye to Kayleigh, our assistant librarian in the middle of the month. Kayleigh will be moving home to her home state of Maine and will start working as the Assistant Director at the Blue Hill Public Library in Blue Hill, Maine. Kayleigh has worked faithfully at our library for six years now and is onward and upward. We will be hosting a small going away party for Kayleigh on Friday, May 14 from 10 a.m.-12:30 p.m. to celebrate her accomplishments and to send her off. If you would like to stop by and say goodbye and sign a card, feel free to join us. To ease the transition, we are moving some responsibilities around with the staff and we're happy to announce Maria Suarez will be taking over as our new assistant library director. We're thrilled to have Maria join us again in person and now she'll get to see your smiling faces more!

Classes & Special Events  
May 6 - May 13  
\*Sign up and face masks required

Thursday, May 6  
\*Geri Fit, 9-10 a.m.  
\*\*Note the new time slot  
\*Bridge, 10:30-11:30 a.m.  
Storytime Shorts, 10:30 a.m.  
Join Miss Maria on FB Live for a quick story-

time! 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.  
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.

Friday, May 7  
Preschool Storytime, 10:30-11:30 a.m.  
\*Knit Wits, 1:30-2:30 p.m.  
Advanced Conversational German, 2:30 p.m.  
\*Advanced Line Dancing, 4-5 p.m.

Monday, May 10  
Geri Fit, 9:45-10:45 a.m.  
Mahjong, 12:30-3 p.m.

Tuesday, May 11  
\*Geri Fit, 9:45-10:45 a.m.  
Mother Goose on the Loose, 10:30-11 a.m.  
Join Miss Maria to enjoy rhymes, songs, and a book with your child. Meet other caregivers too! Recommended ages of three and under. \*Call or stop by to register, space limited. Pack a blanket just in case we have story time outside.  
Line Dancing-Lower Intermediate, 4-5 p.m.

Wednesday, May 12  
Check out an Expert, 10 a.m.-noon  
Craft-ernoons, 1-3 p.m.  
That's right, Craft-ernoons are 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 tap into their creativity. We will also be using this as an opportunity to bring in local artisans to demonstrate their unique crafts and skills. Group sizes will be limited to 20 people, so please RSVP by contacting the library.

After School Teen Club, 2:30-3:30 p.m.  
Hangout with friends, play games, and make stuff. This club is whatever you want it to be! 5th-12th grade.  
Science @ Home, 3:30-4:30 p.m.  
Join Miss Jill in learning how to make your own night exploring trail! More details to follow.

Thursday, May 13  
\*Geri Fit, 9:45-10:45 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.

## Gilford Public Library Top Ten Requests

1. "A Gambling Man" by David Baldacci
2. "The Four Winds" by Kristin Hannah
3. "The Palm Beach Murders" by James Patterson
4. "The Red Book" by James Patterson
5. "Win" by Harlan Coben
6. "Ocean Prey" by John Sandford
7. "Turn a Blind Eye" by Jeffrey Archer
8. "Of Women and Salt" by Gabriela Garcia
9. "Her Dark Lies" by J.T. Ellison
10. "Eternal" by Lisa Scottoline

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of April 26 to May 2.  
Scott Coy, age 46, of Laconia was arrested on April 26 for Conduct After an Accident.  
Michael J. Henry, Jr., age 51, of Alton was arrested on April 27 for Driving After Revocation or Suspension.

A 16-year-old juvenile was arrested on May 1 for Reckless Operation.

Nathan L. Greene, age 28, of Gilford was arrested on May 2 for Driving After Revocation or Suspension.



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For more information on HB 177, visit: [northcountryabc.org](http://northcountryabc.org)   



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# Assessment update needed after market surge

BY ERIN PLUMMER  
mnews@salmonpress.  
news

Just a little over a year since the town undertook a revaluation, a new statistical update will be needed after a surge in the real estate market reversed the results of the previous study.

Assessing agent Marybeth Walker of Corcoran Consulting Associates updated the selectmen on the town's assessing process during last Wednesday's meeting. Walker shared with the news that the recent increases in the market had dropped the town's

median valuation to the level it was before the recent revaluation.

Walker said the town's median ratio would have fallen to around 84 or 85 percent if they hadn't undertaken a town wide revaluation in 2019. The report gave the town an indicator on its market value based on single family homes, single family waterfront homes, boat slips, condominiums, mobile homes, and vacant land sales.

After the new study, they received a new median valuation of 95.4 percent as of April 1, 2020.

Just a few months

later they conducted an incremental study with data starting on Oct. 1, 2020.

"We have fallen to 85 percent again overall market value because the market is just moving so fast," Walker said.

Walker said last year they worked extensively with the Department of Revenue Administration (DRA). When they received the first report, the values for boat slips and waterfront homes had fallen out of place.

"By the time we went to relook at it in September, it was a surprise to me; just a couple of

months of sales had thrown everything out so that we needed to do a full statistical update," Walker said.

She said the DRA said they would be approved for a full statistical update. They will undertake a full market analysis, changing the values that need to be changed while keeping those that haven't changed.

She said the report represents a snapshot in time, but the board might want to discuss if they were going to undertake a valuation update this year or wait until next year.

Selectman Kevin Hayes asked what the cost of a new revaluation would be. Walker said they have a set budget for these kinds of services and any new updates are factored into the contract.

"If that's what you choose, we would need to know sooner than later so we can prepare for it," Walker said.

Selectman Gus Bena-

vides asked if there was a specific market they would be looking at to re-examine.

"Looking at the chart, I think we have to go after all of them," Hayes said. "They're all low; all the emerging ratios are low."

The board unanimously approved moving forward to a new town wide statistical update.

## Gilford Parks and Recreation News

BY HERB GREENE  
Director  
Gilford Parks and 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, beginning May 4, and will continue 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 and Recreation Department at 527-4722.

Shooter's Gold Basketball Camp The Gilford Parks and Recreation Department is once again sponsoring 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. 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 Web site at [www.hogancamps.com](http://www.hogancamps.com). Cost: \$85 per session before June 1st, \$90.00 starting June 1st

For more information, please contact the Gilford 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-a-half-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](http://www.challengersports.com). Cost: \$132.00 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.

Officials of Gilford High School were notified that the Commission on Public Schools of the New England Association of Schools and Colleges has voted Gilford High School Continued Accreditation in the Association. The Commission's decision was based upon review of a Decennial Accreditation report prepared by a visiting team in October 2020.

Anthony Sperazzo, Principal of Gilford High School, stated, "We feel that the Commission's decision confirms the

results of the extensive Self-Reflection, which our faculty and administrators conducted. We are convinced that the findings of our Self-Reflection, coupled with recommendations of the Commission on Public Schools' visiting team, will assist us in developing priorities for further improvements in the school. I am so grateful that the staff was committed to this endeavor even while in the middle of a pandemic. They deserve a huge congratulations!"

"The Commission on

Public Schools requires that accredited schools submit progress reports following the Decennial Accreditation visit to indicate the changes we've made to improve our school. In anticipation of these progress reports, the professional staff and administrators will immediately begin a follow-up program to review the findings of the visiting team report to establish the order in which recommendations will be carried out."

The New England Association of School and

Colleges is a voluntary membership organization of more than 2,000 public and independent schools, colleges and universities, and vocational, technical, and career institutions. Of these, approximately 725 schools have been accredited through the Association's Commission on Public Schools. The Association works with individual schools to improve the quality of education through a continuous process of evaluation and Accreditation.

## Community Church hosting Interfaith National Day of Prayer service May 6

The Interfaith National Day of Prayer Service will take place Thursday May 6, 9 a.m. In person



Dave and Dawn Longval of Isaiah 61 Café.

at Gilford Community Church, 19 Potter Hill Rd., Gilford. Live streaming at <http://lripb.weebly.com/>.

This is the seventh Year that the Greater Laconia Ministerial Association and Lakes Region Interfaith Prayer Breakfast Committee have hosted an Interfaith Service for the National Day of Prayer. Usually, a wonderful breakfast is prepared but given life's circumstances this year, no food will be served.

Join in person or online! First 100 people will be welcomed in person! Please call if you will be coming in person. Gilford Community Church — 524-6057.

Dawn Longval from Isaiah 61 will be the speaker. Any proceeds from the gathering will go to support Isaiah 61—a safe place for homeless in our community to have a meal, take a shower, do laundry and be safe.

Donations for Isaiah 61 may be mailed directly to: Isaiah 61 Café, 100 New Salem Street, Laconia, NH 03246 — on the memo line please put National Day of Prayer.

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## Helen Tautkus of Laconia recognized for academic excellence at Assumption

WORCESTER, Mass. — Assumption University honored 80 students with academic awards for excelling in their individual fields of study. The annual spring Honors Convocation is an opportunity to recognize students who have received one of the University's academic departmental honors, special awards, and Augustine Scholarships.

Helen Tautkus, Class of 2021, of Laconia, received the departmental award for health sciences with a concentration in pre-occupational therapy..

"The annual Honors Convocation recognizes Assumption students who embody the Assumption mission through their academic excellence and a commitment to learning," said Greg Weiner, Ph.D., provost and academic vice president. "Receiving these awards is a noteworthy achievement for students engaged in a journey of Catholic liberal education that seeks to awaken in them a sense of wonder and purpose."

The departmental and special awards allow faculty to honor the most meritorious stu-

dents in each of their primary programs of study while Augustine Scholarships are awarded to rising juniors and seniors whose academic achievement, leadership, character, and community service embody the Assumption mission.

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England's premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher ed-

ucation. Assumption, located in Worcester, Mass., seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit [www.assumption.edu](http://www.assumption.edu).

### 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](http://www.sau80.org), or by contacting Steve Dalzell at 267-9223x5309.

### Shaker Regional School District Request for Proposal Stair Removal & Site Prep

Shaker Regional School District is seeking proposals for the removal of concrete stairs and site preparation for replacement stairs at Belmont Elementary School. The complete proposal can be obtained by visiting the website, [www.sau80.org](http://www.sau80.org), or by contacting Steve Dalzell at 267-9223x5309.



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Spring cleaning is about more than tidying up

It's been a rainy week, which means that spending time inside organizing and cleaning — along with watching the Red Sox hold steady in first place — was top on our to-do list. Spring cleaning, a chore that happens every year, feels great when complete. Why is it that something so tedious and boring could be so good for us?

Did you know that cleaning actually supports your immune system? Cleaning is of huge benefit especially to those with allergies. Getting rid of dust, pet dander, mildew and mold can trigger the immune system causing unnecessary illness. Those with cluttered homes tend to suffer the worst. To avoid indoor allergies, vacuum regularly, this to include your furniture.

Cleaning reduces stress. While cleaning, your brain is able to relax. This mindless activity can give you a chance to de-stress. Experts say that cleaning for as little as twenty minutes can reduce anxiety by up to 20 percent. It's a win-win — sure, it's no day at the spa, but constructive relaxation is always good. Using products with scents said to induce relaxation such as lavender is also an expert tip.

Heart health can be improved by cleaning by way of exercise. Just a half an hour of vacuuming can burn up to 100 calories. It's a known fact that people who like to keep their homes clean tend to take more interest in their overall health and well-being.

A tidy bedroom is said to help you sleep better. Individuals who make their beds are roughly 20 percent more likely to get a more restful night sleep. Seventy-five percent of people polled sleep better on clean sheets, in a room with less clutter.

When you are in a tidy area, your production increases. Less clutter means less distraction, which is said to clear up mental space. A study from 2011 published in the Journal of Neuroscience used MRI's to track the brain's response to cleanliness. More clutter was found to significantly limit the brain's processing capability.

Checking off the cleaning to do list can make you feel more satisfied and can boost your mood. A clean, fresh house is said to naturally boost endorphins and boost energy levels which leads to a decrease in depression.

Cleaning and organization can have a domino effect in that it can lead to sprucing up other areas of your life. Interesting, was the one finding that stated when individuals were placed in a clean, well-organized space they were more likely to choose healthier menu items.

Perhaps William Morris put it best: "Have nothing in your house that you do not know to be useful, or believe to be beautiful."

About bats, and fat fish, and a brush with the law



By JOHN HARRIGAN  
COLUMNIST

Among the rubble on my desk this week was a sticky-note that said "Bats." It was not about my encounter with Tom Yawkey on the roof of Fenway Park, which is a pretty good story, but instead a reminder about an even neater story by Shawne Wickham in this past weekend's New Hampshire Sunday News, about the kind of bats that fly.

Fish and Game is partnering with UNH's Cooperative Extension on a survey to see how New Hampshire's bats are doing. Organizers are seeking volunteers, and have posted details on their websites.

The state has eight species of bats, and all are suffering the effects of white-nose syndrome. This aptly named fungus becomes an unrelenting irritant to hibernating bats, periodically waking them and depleting their energy. It is a killer.

Bats have a bad reputation, most of it unearned. They do not try to fly into bouffant hairdos. They do not (at least around here) fasten themselves, vampire-like, to cows' necks. They can, in fact, carry rabies, but so can raccoons, skunks, and your family dog. Also, bats sometimes emerge in unexpected places after dark, like your bedroom closet, and flap around the room,



Most of these hibernating bats display the white-nose fungus that can be such a deadly irritant, interrupting sleep when they most need to conserve energy. (Courtesy NH Fish and Game, Non-Game Program)

which can panic its occupant.

I've had some experience with this. Perhaps, I've long thought, confused pups (young bats) are the wayward fliers.

While a fishing net is often the first thought, as in catch and release, you don't want to be swatting away with a net and risk injuring something that eats half its weight in insects per night. Shutting off the lights, opening a window, and going off to read a book might do it.

+++++

Bats were part of my growing up, and they were active (and I hope still are) all around town. We had them at home, where they roosted under the barn roof. During my years at Clarksville Pond, on either side of dusk and dawn, bats competed with barn-swallows for myriad emerging insects.

Later on, when Fish and Game was one of my beats, I sometimes hung out with Eric Orff, a wildlife biologist with a penchant for salamanders, peepers, spawning runs, and bats. As a side-job, he became expert at dealing with bat "problems," often based on (to put it gently) lack of knowledge. Eric was the perfect guy to do what was best for the bats, and diplomati-

cally square the issues.

(If you Google Eric, you'll find plenty. His Facebook page, blog, and various other venues will get you information on everything from herring runs to hummingbirds to Hornbergs.)

In Shawne's story on bats, a wildlife biologist noted that "they're our only flying mammal." This might have sent armchair biologists right out of their chairs, but flying squirrels don't actually fly, they soar.

And catch an uplift now and then? For sure.

+++++

Fish and Game remains my favorite state agency. Call it a built-in bias. I grew up as a free-ranging kid in woods and swamps. My best friend (Jimmy Berry) was a game warden's son.

Anyone wearing the Fish and Game uniform got instant respect and a certain amount of trust. Never mind that in my first encounter with such a person, he turned out to be wrong.

At age 10 or so, I was fishing Beaver Brook above the old millpond dam, a leaking log-and-rock cribwork structure that was on the point of collapse. I had waded upstream to a deep hole, where I just couldn't

seem to miss.

This was before I'd learned to fly-fish, so I was using garden hackle. I soon had my alder-branch stringer of five nice trout hung on my belt, enough to clean and hand over for tomorrow night's supper.

Out stepped Skinny Norris, the longtime Game Warden, who took one look at my stringer of fish, recognized hatchery trout when he saw them, and accused me of fishing below the dam, which was against the law.

This was exactly where the hatchery truck, at the behest of the self-same Skinny Norris, had dumped half a load of half-tame trout. Some had tail-finned their way above the breached dam.

At first Warden Norris didn't believe me, but I stuck to the truth. Back into the alders he went, with a "Harrumph."

Still, after all these years, and never being one to hold a grudge, would I do what I could for the bat survey, the Department, the Extension, and the bats?

You bet.

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



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BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

It's been proven time and again that exercise is good for seniors' physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five most expensive health conditions older adults face can be prevented or managed with physical activity. But, only about 35 percent of adults over the age of 65 are physically active.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful for family and members of the care team to assist and support physical activity in any way they can.

For those that are physically able to begin an exercise program, regular movement can help them live a more vibrant and healthy life. Some of the health benefits include:

Improved mental health, mood and outlook  
Prevention, or improvement of, diseases such as diabetes, obesity, heart disease, and osteo-

porosis

Reduced pain from arthritis and minimizing its severity

Decreased risk of falls

Each individual has different needs when it comes to exercise and varying health conditions that may need to be taken into consideration before beginning an exercise regimen. A health professional to determine the best approach to physical activity with senior care.

There are a variety of ways to incorporate aerobic activity, strength building exercises, stretching and balance – all without leaving the comfort of home!

Aerobic exercise – Walking in place, dancing or aerobic routines can help get the heart rate up. These activities improve cardiovascular health and help older adults maintain a healthy weight.

Strength building exercises – there are many easy strength building exercises that can help seniors build the muscles they need to do everyday activities and prevent muscle loss. And, exercises can be done with household items or using body weight, so no expensive equipment is

required.

Stretching – Stretching before and after exercise can help prevent soreness after exercise. And, the additional benefit is improved flexibility, which is good for older adult's physical health. For those looking to improve their flexibility even more, there are exercise routines available online that include yoga or stretching routines specifically for seniors.

Balance exercises – Balance exercises help seniors prevent falls and improve mobility. Yoga, tai chi, and other low-impact activities can all help improve balance and overall physical health.

Those that need a little assistance getting started should not hesitate to reach out to their doctor, family or caregiver. It is never too late to adopt an active lifestyle!

Comfort Keepers® can help

For seniors that need a little extra help living an active lifestyle, Comfort Keepers caregivers can help with encouragement, support and assistance with physician-prescribed exercise plans. And, caregivers can encourage overall health

through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

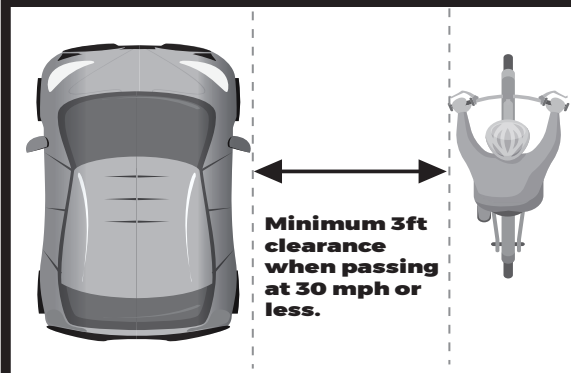
Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.



# Bicycle riding in the Lakes Region – Rules of the road and tips to keep everyone safe.

## NH Safe Bicycle Passing Law



**Minimum 3ft clearance when passing at 30 mph or less.**

Passing Speed	Minimum Clearance
30 mph	3 ft
40 mph	4 ft
50 mph	5 ft
60 mph	6 ft

BY JIM ZIMMERMANN  
LakesRegionBicycling.com

REGION — Spring is here in the Lakes Region, and the flowers are coming out – and so are bicycle riders! It is important that bicycle riders and motor vehicle drivers know the state laws and rules of the road to make sure everyone stays safe this year. The NH DOT has a great brochure that provides detailed information, but here is a summary of what you need to know:

Do bicycle riders have to obey the same rules that cars do? – Yes! According to the NH DOT, “Bicyclists have the same rights and responsibilities as motorists. Bicycles are vehicles.” What does this mean in practice? This means riding your bicycle with the traffic as opposed to directly towards oncoming traffic (If you are riding a bicycle, cars should be coming up behind you on your left to pass you), giving pedestrians the right of way, signaling your intentions (using hand signals), stopping at stop signs and obeying traffic signals.

Do bicycle riders have as much right to the road as motor vehicles do? – Yes! Technically a bicycle rider could ride in the middle of the lane, but in practice bicycle riders should stay as far to the right as is safe. In some locations in the Lakes Region there aren’t safe shoulders, so bicycle riders may be partially or completely in the car lane. Bicycle riders, especially those riding road bikes, need to ride on sound pavement. If they are forced off onto a dirt or sandy shoulder, there is a good chance their thin tires will sink in causing a sudden stop that may throw and injure the rider. Car drivers should be patient and pass them only when it’s safe.

Bicycle riders always have to stay to the far right – correct? – Not necessarily. The general recommendation of the NH DOT to bicyclists is “Take the full lane when your safety depends on it”. According to the NH DOT there are four common situations when bicycle riders should move from the far right:

When overtaking and passing another bicycle or any other vehicle proceeding in the same direction.

When preparing for or making a left turn at an intersection or into a driveway.

When proceeding

straight in a place where right turns are permitted.

When necessary to avoid hazardous conditions, including, but not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, broken pavement, glass, sand, puddles, ice, or opening doors of parked vehicles.

Are all bicycle riders required to wear a helmet? – No. Only riders 16 years of age or younger are required to wear a helmet. However, although the law only mandates helmets for those under 16 years of age, a helmet at any age provides much needed protection in the event you lose control or are thrown from your bicycle. When you are riding a bicycle, you don’t have the protection of a car surrounding you. Even a light impact to your head can have serious short and long-term consequences!

Do motorized vehicles have to give bicycle riders at least 3 feet of clearance when passing? – Yes! According to NH State Law, three feet is the minimum clearance you must give a bicycle when passing them at 30 mph or less. If you are going over 30mph when you pass, you must give one extra foot of clearance for each 10 mph over 30 mph you are going - four feet for 40 mph, five feet for 50 mph, 6 feet for 60 mph. Many bicycle accidents occur when drivers are impatient and try to pass too close to a bicycle rider. I have had several near misses with side mirrors on cars attempting to pass when they could have waiting a few extra seconds and pulled over and passed safely. And just to be clear, the clearance is between the widest part of the vehicle and the widest part of the bicycle. For most situations it is the distance between the outside edge of the vehicle mirror and the outside edge of the bicycle handlebars (some bicycles have mirrors on their handlebars so in those cases it is measured from the edge of the car mirror to the edge of the bicycle mirror). A mirror hitting a handlebar or bicycle rider will result in an accident with injuries!

Do pedestrians always have the right of way? – Yes! According to the NH DOT “Bicyclists and motorists must yield to pedestrians in a crosswalk, whether the crosswalk is marked or not.”

Do bicyclists have to ride single file? – No. When riding in a group, bicycle riders in NH are

allowed to ride 2-abreast. Motorists just need to give them the extra room. As a courtesy, it is a good idea for bicycle riders to ride single file where there is a lot of traffic, but they are not required to.

What about parked vehicles? – Another common cause of motorized vehicle and bicycle accidents is when people who are parked on the side of the road open their driver side doors into the path of an oncoming bicycle (my sister was involved in a serious bicycle accident caused by a motorist opening a door directly into her path). Check your mirror and look behind you before you open your driver side doors when you are parked on the side of the road!

Is it okay if I blow my horn at a bicycle rider who is obeying the rules and trying to be safe? – No. You could startle the rider and cause an accident. Again, be patient and pass only when it is safe to do so!

Be aware and be courteous – Distracted driving and riding is unsafe. Be aware of your surroundings at all times. Bicycle riders should always be scanning the road ahead of them for hazards, safe places to move over to make it eas-

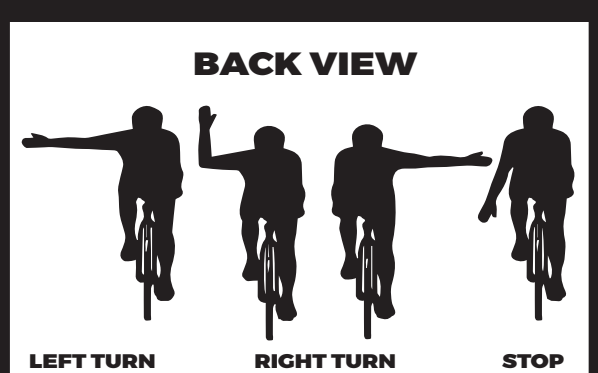
ier for motor vehicles to pass, etc. Motor vehicle drivers need to be on the lookout for bicycle riders and approach and pass with caution. A bump or hole in the road could cause a bicycle rider to swerve suddenly and you need to be ready to react safely. A good rule is to put yourself in the other person’s position and act courteously. For instance, if you are riding your bike on a section of road with no safe shoulders and you see a lineup of cars patiently waiting to pass you, pull into the next driveway you come too and let the vehicles pass. Likewise, if you are a driving a car and a bike rider is doing everything right and you can’t pass, don’t do anything that may endanger the bicycle rider.

When in doubt, be patient and play it safe – Many accidents involving a motorized vehicle and a bicycle could have been avoided if patience and safety were put first. Slowing down and waiting a few seconds for a safe opportunity to pass a bicycle rider is not going to affect your schedule that much, and it will be a lot worse if you rush and cause an accident with a bicycle!

Educate others – If

### Bicycle Hand Signals

**BACK VIEW**



**LEFT TURN**      **RIGHT TURN 2 OPTIONS**      **STOP**

LakesRegionBicycling.com

you learned something new in this article, please share it with others. It is a great idea to share the rules and tips with your children and others you know – both motorists and bicyclists. Remember, if you cause an accident with a bicyclist through an error, in addition to the physical harm you may cause, you may also be liable to lawsuits and civil penalties. The more we all know, the safer we will all be!

Resources – There are several great resources that you can access and share with others. Here is a list of some of the best sites that cover safe motorist and bicycle interactions.

NH Bicycle Safety Brochure - [https://www.nh.gov/dot/programs/bikeped/documents/nhdot\\_bike\\_brochure\\_FINAL.pdf](https://www.nh.gov/dot/programs/bikeped/documents/nhdot_bike_brochure_FINAL.pdf)

[nh.gov/dot/programs/bikeped/documents/nhdot\\_bike\\_brochure\\_FINAL.pdf](https://www.nh.gov/dot/programs/bikeped/documents/nhdot_bike_brochure_FINAL.pdf)

NHDOT Pedestrian and Bicycle Program - <https://www.nh.gov/dot/programs/bikeped/>  
Bike Walk Alliance of NH - <https://bwanh.org/CyclingSavvy>  
CyclingSavvy.org - <https://cyclingsavvy.org/road-cycling/>

Jim Zimmermann is the founder and owner of LakesRegionBicycling.com and a lifetime bicycle rider. Jim is an advocate for safe bicycling in the Lakes Region. You will often see Jim riding around the Gilford area on his lunch breaks or on longer rides on the weekends.

## Bank of New Hampshire welcomes Deborah Clapp as Senior Credit Analyst



Deborah Clapp

LACONIA — Bank of New Hampshire is excited to welcome Deborah Clapp to our Commercial Services Team as Assistant Vice President – Senior Credit Analyst.

In this role, Clapp will be responsible for evaluating the credit history of individuals and orga-

nizations as it relates to loan applications for new and existing business borrowers. She will also provide reviews of the Bank’s larger commercial relationships.

Clapp began her career in banking over twenty years ago and has spent a majority of that time as a credit analyst. She holds an Associate’s degree in Accounting from Franklin Pierce College along with years of valuable experience as a Credit Analyst.

“Deborah’s extensive experience and technical skills as a Credit Analyst will be of tremendous value to our Commercial Banking Team as we grow our loan portfolio while continuing to provide timely service and an excellent customer ex-

perience to our borrowers,” said Ross Bartlett, EVP Chief Commercial Banking Officer for Bank of New Hampshire.

Bank of New Hampshire is excited to have Deborah in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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](http://www.BankNH.com).

## 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](http://www.sau80.org), or by contacting Steve Dalzell at 267-9223x5309.

## Edward Jones: Financial Focus

### Here’s a long-lasting Mother’s Day gift

Mother’s Day has almost arrived. As an adult, you can fully appreciate all your mother has done for you, so, on this occasion, you may be happy to give Mom flowers, candy, jewelry or something similar. But Mother’s Day is here and then it’s gone. Is there a longer-term gift that can make a real difference in your mother’s life? Actually, there is – the gift of knowledge for her financial future. Specifically, there are two key areas in which you may be able to provide valuable help to your mother: long-term care and estate planning. But don’t panic – you don’t have to be an expert in either one of these subjects. You can, however, steer Mom – and possibly your other parent, too, if one is in the picture – in the right direction. Let’s take a quick look at both these topics. First, consider long-term care. If your mother is in good health, you may not have thought much about whether she would eventually need an extended stay in a nursing home or the services of a home health aide. But the odds aren’t necessarily in her favor: About 70 percent of adults who reach 65 will eventually require some type of long-term service and support, according to the U.S. Department of Health & Human Services. And this type of care is expensive: The annual median cost for a private room in a nursing home is more than \$100,000, and it’s nearly \$55,000 per year for the full-time services of a home health aide, according to a survey by the insurance company Genworth. Unless your mother has accumulated a great deal of financial resources, she likely won’t be able to pay these costs out of pocket without jeopardizing her financial independence. Furthermore, Medicare typically pays only a small portion of these expenses.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC  
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.

To help your mother deal with this potential financial threat, you might want to suggest she meet with a financial professional, who can explore possible strategies and products designed to address long-term care. And the sooner, the better, because these solutions will become more expensive and challenging the older your mother gets. The second topic you may want to bring up with your mother is her estate plan. Has she drafted a will? Has she safeguarded her wishes by creating the necessary legal documents? These could include a durable power of attorney for finances, which allows her to name someone to manage her financial affairs if she becomes incapacitated, and a durable power

of attorney for health care, which allows someone to make medical decisions for her if she is able to do so herself. Having her estate plans in order can help protect your mother’s finances and ensure her legacy is honored – which is almost certainly an outcome she would keenly desire. So, if your mother doesn’t already have a comprehensive estate plan, encourage her to see a legal professional to start the process. Helping your mother protect herself from the catastrophic costs of long-term care and the chaos of an inadequate estate plan may not sound like a typical Mother’s Day offering, but your actions can help keep Mom in a good place in life – and that’s a pretty valuable gift.



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# Gunstock Hillclimb returns for Bike Week

— The Gunstock Hillclimb is returning to Gunstock Mountain Resort on Wednesday, June 16. Staged by Ridge Runner Promotions and featuring Eastcoastin’ Enterprises, this adrenaline packed day of action will consist of strictly Amateur level competition this year. For the thousands of motorcycle enthusiasts who visit the Lakes Region of New Hampshire for Laconia Motorcycle week, this super charged event is certain to be the focal point.

The Hillclimb is a classic Bike Week tradition dating back as early as 1938. This popular event was resurrected in 2017 after a six-year hiatus. This year will be an amateur-only competition.

“The amateurs are back on the original hill,” said Ridge Runners owner, Michael Farnsworth. “We’ve added the country’s best stunt crew: All Harley-Davidson riders

and Eastcoastin.’ Do not miss this show, it’s going to be one for the ages.”

The course climbs the steep runout of Gunstock’s historic 70-meter Torger Tokle Memorial Ski Jump. A massive earthen start ramp has been constructed to add even more flair and excitement for the spectators. They will be able to witness some of the best amateur riders as they race to the hilltop finish line. Ridge Runner Promotions and Gunstock have agreed to hold the Hillclimb at the ski jump location through 2023, which will be the 100th Anniversary of Laconia Motorcycle Week.

“We at Gunstock are really excited to be able to host the Hillclimb this year,” said Tom Day, Gunstock’s President and General Manager. “It is a great spectator event that creates an exciting option for all the Bike Week participants.”

This year’s event will feature three shows with the outlandish daredevil performances of Eastcoastin’ Enterprises throughout the day. These self-proclaimed “hooligans” based out of New Haven, Conn. are known for their reckless BMX and motorcycle stunts and are sure to keep the crowd entertained.

Winners of each amateur class will receive plaques at an awards ceremony following the competition, said Farnsworth.

As always, a special 50/50 raffle will be held by Ridge Runner Promotions during the event, with proceeds benefiting the Shawn Farnsworth Memorial Fund.

Gates open to the public at 8 a.m. Opening ceremonies are at 9 a.m. Racing continues throughout the day concluding at 5 p.m. and awards to follow.



Admission is \$20 for the day, and free for children 10 and under. On-site food, beverage, and retail vending are available at the Hillclimb. The event is BYOB, with beer and wine available for purchase on site. Please note: no backpacks or large bags, no tents or umbrellas, no glass bottles, and no animals will be allowed into the venue.

Hillclimb spectators

and Laconia Motorcycle Week visitors are invited to make Gunstock their home base for the week. Camp sites are available in easy walking distance to the Hillclimb in Gunstock’s expansive campground, voted Best of NH 2018.

More details on Gunstock’s website: <https://www.gunstock.com/calendar/?c=1&m=20210601&id=197&v=month>

About Gunstock: Gunstock is a four-season mountain resort that offers authentic eastern mountain skiing and riding with 227 skiable acres and 48 trails. In summer our campground is your basecamp for activities in our Adventure Park. Nestled in the inspiring beauty of New Hampshire’s Lakes Region, Gunstock’s summit offers breathtaking views of Lake Winnepesaukee.

## Laconia Little League Opening Day features announcement of A New LRSF award

LACONIA — The 2021 Laconia Little League Opening Day was held this past weekend with all of the traditional ceremonies and excitement.

Following the traditional parade, opening prayers by Rev. Marc Drouin, a rousing rendition of the “Star Span-

gled Banner” and the opening day speeches from the governor and the mayor, Laconia Little League president, Joe Dee proceeded to inform the gathering that he had a special announcement. He told everyone “We have something very special, this year,

that we would like to announce.

Twenty-seven years ago, Jonathan Farmer played baseball right on this field. He was an exceptional player, an unbelievable team leader and a great teammate.” Dee went on to say that Jonathan decided to join the US Army in 2005 and later became a member of the Special Forces. He went on to become a Chief Warrant Officer in the Special Forces and served six overseas combat tours. Jonathan was killed in a suicide bombing by the enemy in 2019 in Syria. At this point, Dee introduced the family members present, and had them stand for recognition by the crowd.

Also in attendance were Retired General, Donald Bolduc and Jonathan’s former Laconia Little League coach, Red Charland. Both men spoke to the players and their families about Jonathan Farmer from their personal experience.

Dee continued, “He (Jonathan) represented the very best that the City of Laconia has to offer. He was our 1993 Mr. Little League award winner, presented right on this field. In recognition of Jonathan’s contribution to our country and this community, Laconia Little League has established the Jonathan Farmer Scholarship for \$1,000 in coordination



Laconia Little League Opening Day Ceremonies were honored with special guests this year. The Farmer Family along with Lakes Region Scholarship Foundation Assistant Director, Amanda Dudek and LRSF Board member Karin Salome were present for the announcement of a new LRSF scholarship award sponsored by the Laconia Little League, to recognize and honor one of Laconia’s own, who lost his life while serving in the military in Syria. (Pictured: Front row: Preston and Priscilla Farmer (twins age 6) (Jonathan’s children). Next row: Betsy Farmer (12) (daughter); LRSF Assistant Director Amanda Dudek; Tabatha Farmer (Jonathan’s wife); LRSF Board member, Karen Salome; Devon (11) Jonathan’s son); Duncan and Jo Beth (parents).

with the Lakes Region Scholarship Foundation. This award will be given out annually to a Laconia High School graduate, who has come through the ranks of the Laconia Little League.”

Lakes Region Scholarship Foundation Assistant Director, Amanda Dudek, and Board member Karin Salome were present for the announcement representing the Foundation. Amanda Dudek commented that the criteria

mentioned by Joe Dee in his speech would be the guideline for the choice of the candidate for this award. She said that ideally, the Little League board would be looking for someone who was a team player, supportive of his classmates and respectful. A student who had been seen as a hard worker, at home and in school and lastly someone who was generous with his time for others,

for good causes and community involvement. These, she said, were the qualities that the Little League board felt best describe Jonathan Farmer.

She added that it was a pleasure to be at the ceremonies representing Lakes Region Scholarship and “all of us at LRSF are excited about welcoming this new scholarship to our family of donors.”

## Orthodox Church Ladies hosting hanging flower basket sale

LACONIA — Opa! Spring is here!

The Ladies Philoptochos Society of Taxiarchai Greek Orthodox Church would like to invite you to the inaugural Hanging Flower Basket Sale on Saturday, May 22 from 10 a.m.-1 p.m. at the church, which is located at 811 North Main St. in Laconia.

The Plant sale will feature stunning hanging plants in assorted colors and variations. The basket prices are \$30 each or \$25 when four or more are purchased.

Masks and social distancing will be observed during this event.

You can also “pre-order” your selections through May 10 and then drive up and pick up those pre-ordered flower baskets between 9-10 a.m. on Saturday, May 22. For an order form, please contact Dawn Triconi @ 352-584-6482 or Presbyter Ann Routos at 860-6158 or email [tgophiloptochos@gmail.com](mailto:tgophiloptochos@gmail.com).

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## PET OF THE WEEK

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!

## SASHA

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# Mount Washington Cruises expands its fleet

LACONIA — The Winnepesaukee Flagship Corporation is pleased to announce the launch of its newest vessel, the Winnepesaukee Spirit. The launch of the new vessel marks the first expansion of the company fleet since 1962.

“Our company will celebrate our 150th anniversary in 2022, and we’ve spent the past few years planning for the future of our company,” said Jim Morash, Captain and General Manag-

er. “It’s been part of our plan to grow the fleet, but have been waiting for the right vessel. The Winnepesaukee Spirit is that vessel.”

Seating up to 100 passengers, the 56-foot vessel includes two decks, indoor/outdoor seating, and two small lounge areas which can be rented for semi-private gatherings. The entire vessel is also available for charter, allowing the company to better address demand for medium-sized

events.

The Winnepesaukee Spirit has completed her journey to New Hampshire, and is currently awaiting transport from the Seacoast to Winnepesaukee. The Spirit will launch at the end of May, and will be available for scenic tours, dinner cruises, and private events. Tickets are available beginning May 3 at [cruisenh.com](http://cruisenh.com).



## Progressive Laconia Motorcycle Week® is back in the saddle

LACONIA — After a pandemic-postponed 2020, Laconia Motorcycle Week®, the world’s oldest motorcycle rally®, returns to New Hampshire for its 98th year in its traditional mid-June time slot. For many motorcycle enthusiasts and local businesses, the news comes as a sign at least, that life is returning to normal.

“I’ve lived in the area for a very long time,” says Meghan Doptis of Laconia, “Motorcycle Week is a big part of our lives. Whether

you attended or not, there was no escaping the excitement, sound of rumbling motorcycles and increased activity all over the state. For us, it signifies the start of summer. Not experiencing that last June, was kind of surreal. Really sad.”

While last year’s event did eventually take place in August, it lacked most of its signature events and, of course, ‘normal’ attendance.

“We estimate last year’s rally had about

one third of the people we normally see,” estimates Charlie St. Clair, Director for the Laconia Motorcycle Week Association. “Many people, for good reason, were reluctant to travel, and those who wanted to come, had difficulty finding lodging because they were competing with summer vacationers. This year will be a lot different. You can already feel it.”

With the state’s robust vaccination program and safety guidelines changing weekly, a lot of the details for this

year’s event are still being worked on, but one thing is certain: The 98th Progressive Laconia Motorcycle Week will be happening June 12-20, 2021. Expect some restrictions such as mask wearing whenever social distancing cannot be maintained, limited live entertainment and attendance limitations at some establishments. The popular Tower Street Hill Climb Expo occurs on Tuesday, June 15th from Lakeside Avenue and is a perfect lead-in to the legendary Gunstock Amateur Hill Climb at Gunstock

Mountain Resort, which takes place on Wednesday, June 16th. Vendors will be set-up throughout Weirs Beach as well as at NH Motor Speedway and Laconia Harley-Davidson. Although some restrictions are expected at area establishments, you can count on unrestricted riding opportunities as rally goes enjoy New Hampshire’s scenic roads through the White Mountains, the Lakes Region and along the seacoast. As always, organized rides and gypsy tours will take place throughout the week. Keep checking the offi-

cial Progressive Laconia Motorcycle Week® website for details.

Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive, AMSOIL and Team Motorcycle, as well as the State of New Hampshire for their large financial support of our rally each year.

For more information about visiting the state of New Hampshire, check out [visitnh.gov](http://visitnh.gov).

# Bank of New Hampshire supports Taylor Community Music Series



COURTESY  
Chris Walkley, VP-Commercial Banker, Bank of New Hampshire and Michael Flaherty, President/CEO, Taylor Community.

LACONIA—Bank of New Hampshire is the presenting sponsor for the 2021 Taylor Community Music Series. Since 2013, Bank of New Hampshire has helped Taylor Community, a nonprofit continuing care retirement community, provide free month-

ly concerts with high caliber musicians for the enjoyment of both Taylor residents and the greater community.

“We are grateful for Bank of New Hampshire’s continued partnership,” said Michael Flaherty, Taylor Community’s President &

CEO. “As a local bank with local roots and ownership, they have a unique understanding of the people and businesses they serve. With limited opportunities for social engagement and entertainment in the past year, they have stepped up in a signifi-

cant way to help us bring music programming back to our Laconia campus and also to our new campus at Sugar Hill in Wolfeboro. And as we begin the slow march back to normalcy here at Taylor and throughout the state, we look ahead with optimism that we will be hosting this socially distanced concert programming this summer not only for Taylor Community residents, but also our friends in the greater community.”

Taylor Community is a nonprofit continuing care retirement community with campuses in Laconia and Wolfeboro at Sugar Hill and Back Bay. For more information, call 366-1400 today.

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

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# Golden Eagles rally, but Belmont finishes strong



Gilford catcher Caleb Giovanditto gets the tag on Belmont’s Andrew Rowley during a close play at the plate last Wednesday.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — It certainly wasn’t what either coach drew up when the Gilford and Belmont baseball teams met up in Gilford on Wednesday, April 28.

Belmont jumped out to a 10-1 lead midway through the fifth, only to see Gilford tie things up at 10 after six innings. The Raiders then scored 11 runs in the top of the seventh and left Gilford with a 21-11 win just before the rain came.

“You have to win ugly games,” said Belmont coach Matt LeBlanc. “I’d rather win ugly than lose pretty.”

“We continue to not make putouts when we had the chance,” said Gilford coach Tom Carr. “We gave them so many outs.”

Belmont got on the board in the top of the first inning, when Liam Waldron led off with a walk against Gilford starter Connor Caldon, moved up on a passed ball and scored after consecutive groundouts by Jonny Phillips and Nate Sottak.

Finn Caldon led off the bottom of the first

against Sottak by reaching on an error and Liam Merriam worked a walk. However, Sottak got three fly balls to end the inning.

Jamison Gaudette led off the top of the second with a base hit but was forced on a groundout by Andrew Rowley. Connor Caldon then got two strikeouts to end the inning. Sottak set down the Golden Eagles in the bottom of the inning.

Belmont was able to open things up in the top of the third. Oliver Mahoney reached on an error and scored on a double by Waldron, who in turn took third on a groundout by Phillips. A Sottak base hit plated the third run and after base hits from Jason Gaudette and Jamison Gaudette, a long double by Rowley cleared the bases and gave Belmont a 6-0 lead. Jacobb Bivens reached on an error and a sacrifice fly from Matt Krasnecki gave the Raiders a 7-0 lead before the inning was over.

Gilford got its first run in the bottom of the third inning. Finn Caldon was hit by a pitch with one out, but was

forced at second on a grounder by Merriam. Jack McLean beat out an infield hit and a base hit from Gavin Clark scored Gilford’s first run. Belmont catcher Jason Gaudette was able to gun down Clark stealing second to end the inning.

Sottak and Rowley had walks and a Jason Gaudette double loaded the bases for Belmont and Carr made the switch to Tyler Talbot on the hill. He got a strikeout to end the inning. Talbot opened the bottom of the inning with a walk and moved up on a pickoff error and a wild pitch, but a line drive to short was snagged by Waldron and turned into a double play to end the inning.

Mahoney was hit by a pitch to start Belmont’s rally in the top of the fifth inning. He moved up on a wild pitch and a long sacrifice fly by Waldron that Tyler Lafond snagged near the fence in center. Phillips was hit by a pitch and a Sottak walk loaded the bases before Jason Gaudette was hit by a pitch to force home a run. Carr brought in Merriam to pitch and an infield hit by Jamison Gaudette and a wild pitch plated the next two runs for a 10-1 lead before a strikeout ended the inning.

Gilford came back in the bottom of the fifth,



JOSHUA SPAULDING

Tyler Talbot dives back into first base in action against Belmont last week.

putting seven runs on the board. Riley Marsh and Caleb Giovanditto worked walks to start the inning and Marsh scored on a wild pitch. After Finn Caldon walked, LeBlanc made the pitching change, bringing in Krasnecki and he was greeted by an infield hit by Merriam that plated the third run for Gilford. A base hit from McLean plated two more runs and a double from Clark brought in another run, cutting the lead to 10-6. Connor Caldon followed with a base hit and two outs later, a base hit from Marsh plated another run. Giovanditto then beat out an infield hit to drive in another run before Krasnecki got a strikeout to end the inning.

Mike Dandurand reached on an error to open the top of the sixth and one out later, Mahoney worked a walk. However, a line drive to second turned into an inning-ending double play and Gilford tied things up in the bottom of the inning. With one out, McLean had a base hit and eventually scored on a base hit by Clark. LeBlanc brought Mahoney in to pitch, his first pitching experience, and he issued a walk to Connor Caldon. One out later, a base hit from Lafond tied the game at 10 before Mahoney got a grounder to

short to end the inning.

Phillippos led off the top of the seventh with a base hit and one out later, went first to third on a base hit by Jason Gaudette. Consecutive walks to Jamison Gaudette, Rowley and Dandurand plated two runs for the 12-10 lead and McLean took over on the mound for the Golden Eagles. A base hit from Krasnecki plated two more runs and after a Mahoney base hit, Waldron reached on an error to drive in two more runs. After Phillips reached on an error, a wild pitch brought in another run and Sottak worked a walk. One out later, a passed ball pushed another run across the plate and Jamison Gaudette reached on an error to plate another run. A wild pitch made it 20-10 and a double from Rowley made it 21-10. Dandurand and Krasnecki both reached before Hazelton took over on the hill for Gilford and got a grounder to first to end the inning.

Gilford got a leadoff walk from Giovanditto to start the bottom of the inning, but he was forced on a groundout by Finn Caldon. Merriam and McLean both reached on errors to plate another run but Dandurand snared a line drive to third and turned it into

a double play to end the game.

“How many seeing eye hits can you get, they kept hitting it where we weren’t and we returned the favor,” said LeBlanc. “But at the end of the day, I thought we hit very well, we found some pop where we didn’t know we had it.

“We continue to be gritty, we came back a couple of times, that builds character,” the Raider coach continued.

“We can score some runs, we pitch well, we’re getting ground balls, we should be out of innings quickly,” Carr said. “Instead, the base runners find their way around. We have a lot of pieces in place, we just have to play defense.

“There’s so much inexperience, but that’s not an excuse,” he continued. “We have to get through it, make mistakes and learn from it.”

Belmont is scheduled to host Franklin on Monday, May 10, and to visit Franklin on Wednesday, May 12, both at 4 p.m.

Gilford is scheduled to be at Plymouth on Monday, May 10, and will be hosting Plymouth on Wednesday, May 12, both at 4 p.m.

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

## HIGH SCHOOL SLATE

### Thursday, May 6

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

### Saturday, May 8

BELMONT  
Track Home Meet; 10  
GILFORD  
Track at Belmont; 10  
WINNISQUAM  
Track Home Meet; 10

### Monday, May 10

BELMONT  
Baseball vs. Franklin; 4  
Softball at Franklin; 4  
GILFORD  
Baseball at Plymouth; 4  
Softball at Plymouth; 4  
WINNISQUAM  
Baseball vs. Newfound; 4  
Softball vs. Newfound; 4

### Tuesday, May 11

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

### Wednesday, May 12

BELMONT  
Baseball at Franklin; 4  
Softball vs. Franklin; 4  
GILFORD  
Baseball vs. Plymouth; 4  
Softball vs. Plymouth; 4  
WINNISQUAM  
Baseball at Newfound (at Robbie Mills Park); 7  
Softball at Newfound; 4

### Thursday, May 13

GILFORD  
Boys’ Lacrosse vs. Plymouth; 4  
Boys’ Tennis vs. Plymouth; 4  
Girls’ Lacrosse at Plymouth; 4  
Girls’ Tennis at Plymouth; 4

*All schedules are subject to change.*

## DUMP DAY

(Continued from Page A1)

a large number of batteries, bulbs, and freon appliances.

Theriault said to the selectmen the staff at the facility wasn’t prepared for the amount of materials they collected, thinking it would be a bit less.

Both Waste Management and Pinard Waste Systems provided dumpsters for the event and Theriault thanked both companies for their efforts and said they provided much needed dumpsters for both days.

On Facebook, the department thanked all staff members and volunteers who helped with the event including moving dumpsters, directing traffic, and doing cleanup.

“You guys rock and

I so appreciate all your hard work and positive attitudes!” read the department’s Facebook page. “You are the reason why we had such a successful event this weekend! Thank you so much!”

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

LACONIA — Bank of New Hampshire is excited to announce a one-year 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 commu-

nity 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.



# Gilford softball comes up short in doubleheader



Belmont's Madi Lima reaches for a throw as Gilford's Lauren Nash-Boucher races to first in action last week.

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont and Gilford softball teams beat the bad weather that rolled into the area later in the week by playing a doubleheader on Tuesday, April 27.

The two teams played a couple of close games but in the end, both games went to the Raiders, both by a score of 5-4.

“Good wins against a quality team,” said Belmont coach Bill Clary. “We had a couple of girls out, so there were girls in positions they don’t normally play.

“It’s nice to see we can make those adjustments,” the Raider coach added.

“We’re a young team, we’re working to move forward every day,” said Gilford coach Joan Forge. “Our progression is every day we look better.

“We’re trying to build confidence in our younger players,” she added.

Belmont was the home team in game one and Kelley Allen got the start in the pitching circle. Gilford was able to come up with a pair of runs in the first inning. Maddie McKenna worked a one-out walk and an Ella Harris triple plated the game’s first run. A sacrifice groundout by Kim Daigneault plated the second run. Paige Meserve worked a walk to keep the in-

ning going but Allen got a strikeout to end the frame.

Belmont answered with three runs in the bottom of the first inning against Harris. Courtney Burke and Allen had bunt hits and a fielder’s choice by Becca Fleming loaded the bases. Kara Stephens worked a walk to plate one run and a base hit by Morgan Hall plated two more runners for the 3-2 lead. A Madi Lima sacrifice bunt moved the runners up but Hall tried to score on a passed ball and Gilford catcher Jaiden McKenna was able to get the tag on to end the inning.

Allen set the side down in order in the top of the second with three strikeouts and Belmont railed for another run in the bottom of the inning. Darci Stone reached on an error and moved up on a passed ball and scored on a sacrifice bunt by Burke for the 4-2 lead before Harris got a strikeout to end the inning.

Gilford got a leadoff triple from Jaiden McKenna to start the top of the third and she scored on a sacrifice fly by Harris to cut the lead to one. However, Belmont got the run right back in the bottom of the inning, when Fleming led off with a triple and scored on a passed ball. Harris then set the next three batters down to end the inning.

Meserve worked a walk to start the top of the fourth and Clary summoned Hall to the pitcher’s circle. She got a sacrifice bunt, a fly ball to center and a line drive back to the circle to end the inning. Belmont went in order in the bottom of the inning, with Maddie McKenna making a nice play at third base for the Golden Eagles.

Both teams went quietly in the fifth, with Harris working a walk and Jessica Gannon reaching on an error, but they were stranded as Hall struck out the side. Harris struck out two in the bottom of the inning.

Gilford cut the lead to one in the top of the sixth. Meserve beat out an infield hit and moved up on a sacrifice bunt by Madison Hazelton. One out later, Lauren Nash-Boucher had a base hit to drive in Meserve. Gannon followed with an infield hit and Jaiden McKenna was hit by a pitch, but Hall induced a grounder to first to end the inning.

Harris struck out two more in the bottom of the inning and led off the top of the seventh with a base hit, but Hall got two more strikeouts and a grounder, clinching the 5-4 win.

In the second game, Gilford was the home team and Fleming reached on an error in



Jaiden McKenna receives congratulations from coach Joan Forge after tripling in action in Belmont last week.

the top of the first, but Harris got out of the inning with no trouble and Gilford scored twice in the bottom of the inning. Jaiden McKenna had a leadoff base hit, stole second and after Harris reached on an error one out later, a double steal brought home the first run. Allen made a nice play on a line drive to second but an infield hit for Meserve and another double steal brought home the second run before a strikeout ended the inning.

Belmont got one in the top of the second. Hall led off with a base hit and moved up on a groundout by Lima and a bunt by Allen before scoring on a passed ball to make it 2-1. Maddie McKenna worked a two-out walk in the bottom of the inning, but Fleming gunned her down trying to steal second to end the inning.

Belmont pulled even in the top of the third. Carly Drouin led off reaching on an error and moved up on a sacrifice bunt by Burke. Roylynn took over on the bases and eventually scored on a fly ball to right by Lena Rodrigues, tying the game at two. Hall worked around a Harris walk in the bottom of the inning and Belmont went quietly in the top of the fourth.

Gilford took the lead in the bottom of the fourth, starting out with

a base hit by Meserve and a bunt hit by Gannon. A walk to Hazelton loaded the bases and a fielder’s choice by Maddie McKenna pushed one run across and a wild pitch plated another for the 4-2 lead.

Harris struck out the side in the top of the fifth, but Belmont did get a run, thanks to a leadoff walk by Allen and a couple of wild pitches and passed balls, cutting the lead to 4-3. Hall then set the Golden Eagles down in order in the bottom of the inning.

In the top of the sixth, Rodrigues led off with a triple and scored the tying run on a base hit by Fleming, who then stole second and went to third on a bunt by Stephens. She scored on a wild pitch to give Belmont the 5-4 lead. Gannon had a leadoff infield hit to start the bottom of the inning and after two strikeouts, Maddie McKenna and Jaiden McKenna had infield hits, but they were both stranded when Allen snagged a pop fly to second.

Harris worked around an infield hit by Drouin in the top of the seventh and led off the bottom of the inning reaching on an error. One out later, an infield hit by Meserve kept the inning alive, but Hall got two strikeouts to end the game.

Harris finished with 20 strikeouts in the two

games, while Hall finished with 18 in her innings in the circle.

“Ella (Harris) is one of the best (pitchers) we’ll see in Division III, I was happy with the way we connected against her,” Clary said. “If you don’t put them on base, you can’t score.”

The Belmont coach noted that he had seen the team play well in a loss to White Mountains and was happy to see the strong play continue against another solid team.

“At the end of May, we’ll be better than at the end of April,” said Forge. “We’ve just have to tighten up our defense. We tell them, when you make an error, you have to let it go and they do that.

“We make small improvements every day,” she added.

Belmont is scheduled to be at Franklin on Monday, May 10, and will be hosting Franklin on Wednesday, May 12, both with 4 p.m. starts.

Gilford is scheduled to be at Plymouth on Monday, May 10, and will be hosting the Bobcats on Wednesday, May 12, both with 4 p.m. starts.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmon-press.news](mailto:josh@salmon-press.news).

## Meredith Village Savings Bank, Merrimack County Savings, and Savings Bank of Walpole celebrate NH with Annual Photo Contest

REGION — Sister Banks Meredith Village Savings Bank (MVSb), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are have launched the annual community photo contest for 2021. Winning full color photographs will be featured on four websites: MVSb, Savings Bank of Walpole, New Hampshire Mutual Bancorp (NHMB) and NHTrust, as well as in desktop and wall versions of complementary community calendars for all three community banks. Photos may also be selected for holiday cards and note cards.

This will be the fourth year that the contest accepting electronic submissions only. All eligible entries must be submitted electronically through a dedicated link located on each bank’s website. The banks will not accept printed copies

of the photos.

“Winning photos will share the story of our communities, including images of NH events, scenery, intriguing architecture and local attractions,” noted Debbie Irwin, Assistant Vice President and Marketing Officer. “Each year, the photos are more beautiful and interesting, and we look forward to this annual event and producing wonderful community calendars for our customers and friends.”

The contest will run from Monday, May 3 through midnight, Monday, May 31.

Because of differences in photo specifications, there are two categories participants can enter— one for the website and social media photographs and one for images to feature in each bank’s annual community calendar. All photos submitted will automatically be considered for all organizations, and

photographers will be awarded \$100 for every winning photo. A maximum of five (5) photos per photographer can be submitted for each category. MVSb, the Merrimack and Savings Bank of Walpole will each release a unique calendar containing photos that are local to the communities they serve, so submitted photos can be from anywhere in the state of New Hampshire.

Visit the Banks’ Web sites at [www.mvsb.com](http://www.mvsb.com), [www.themerrimack.com](http://www.themerrimack.com) and [www.walpolebank.com](http://www.walpolebank.com) after May 3 for complete contest rules, details and a link to upload photos.

Unlike stock banks which focus on driving income to their stock-holders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and sur-

rounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and municipalities of Seacoast, Central and Lakes Region of New Hampshire for more than 150 years. To learn more, visit any of their local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and munic-



COURTESY

White Horse Ledge by Mike Weinhold

ipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the 10th consecutive year in 2020. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800.541.0006 or visit [themerrimack.com](http://themerrimack.com).

Founded in 1875, Savings Bank of Walpole is

headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. The Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit [walpolebank.com](http://walpolebank.com).



TRACK

(Continued from Page A1)

up and helped out the 4X400-meter relay team, joining Kimball, Burlock and Sanderson to finish in second place with a time of 5:23.89.

Patrick Gandini dominated the field in the boys' 1,600 meters, finishing in a tie of 4:30.47, winning by more than 27 seconds. Carter Forest finished in fifth place with his time of 5:18.4.

In the 100 meters, Aiden Malek ran to third place with a time of 12.89 seconds and in the 200, Malek picked up second place with his tie of 25.74 seconds. Keith Cameron was fourth in 26.91 seconds, Jaimen Sawyer was fifth in 27.28 seconds, Henry Stow finished 11th in 31.31 seconds and Sam Stoddard placed 13th in 32.66 seconds.



Patrick Gandini takes the handoff from Dylan Wright during the 4X400-meter relay on Saturday.



Maddy Burlock takes the baton from Brooke Kimball during action in Belmont Saturday.



Lindsey Sanderson won the 300-meter hurdles on Saturday in Belmont.

dard was fifth in 1:10.41. Sawyer finished fifth in the shot put with a toss of 27 feet and added a fourth in the discus with a distance of 73 feet, one inch.

Dylan Wright added a fifth place finish in the javelin, reaching a distance of 57 feet, six inches.

The team of Aiden Bondaz, Forest, Wright

and Gandini finished in second place with a time of 4:12.59.

Gilford is scheduled to compete again in Belmont on Saturday, May 8, and will be hosting a meet on Tuesday, May 11.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

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SHOT

(Continued from Page A1)

line length as last time. I found my place at the end of the line in the parking lot of PSU's Langdon Woods residence hall, put on a podcast, and patiently waited.

The line looped around one parking lot, then entered another.

Around this time members of the National Guard were checking IDs and appointments before the waiting resumed. The line then stopped by the gate to the armory, where more members of the National Guard checked ID's

and for the second dose checked vaccine cards.



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There have been reports around the country, including at least one in New Hampshire, about people who received one version of the vaccine receiving a completely different one for their second. The state's process is now taking extra precautions to make sure this doesn't happen.

When I got to the gate and answered the questions, one of the guard personnel put a bright orange card with the Pfizer logo on my dashboard to be sure. I also heard these red cards were handed to people to bring in at walk-in locations.

Like the previous time I drove through the gate and followed the

line to the main parking lot, where the little tent city was set up. I was then directed to one tent, where a gentleman from the Waterville Valley Fire Department was there to give me my shot. He also held up the syringe and showed me an orange sticker with "Pfizer" on it to show it was a Pfizer vaccine.

After all the lines and preparation, the big moment was here. I roiled up my own sleeve, the firefighter was impressed with how prepared I was.

While the first vaccine was a little pinch, the second one stung a bit. It wasn't really painful, but it was noticeable. Just a second later I could feel my arm slightly stiffen up, it was a little more intense than last time but nothing a little flexing couldn't help. A moment later he came back with my card with two stickers and recommendations to make copies of my card to keep with personal records and for my primary care physician. When he said to keep it with my travel documents and told me in two weeks I would be considered fully vaccinated, I got really excited. Any little bit of pain was worth it to be mostly immune from this.

I pulled into the other part of the parking lot to wait for 15 minutes in



Cars pull up to the vaccination site at the Plymouth Armory.

case there were any reactions. There weren't, though my arm was already aching. After 15 minutes, I pulled out and headed for Main Street, where I celebrated with a nice, tasty mocha from my old college watering hole, Café Monte Alto.

I did have some side effects, but they were pretty mild. I just had the achy arm for the rest of the day, though this time, it was a little sorer than the first. The next day, I was a little fatigued, but felt better when I got moving around. A few days after the shot, I did have some mild muscle aches that some Ibuprofen helped with. Nearly a week later, the achiness is pretty much gone and I'm feeling fine. Different people will react to the second dose in different ways; some will feel worse than others.

Now I'm looking forward to May 11, a full

two weeks after I got my second dose, when I will be fully vaccinated. I'm looking forward to being able to spend time with and hug my parents without needing a mask (both have both of their shots too), hanging out with friends I haven't seen in over a year, traveling again, and so much more. I'm aware the vaccine isn't 100 percent effective, but I personally would rather go with the rare chance of getting a mild version of the virus than the alternative. If they do decide a booster shot will be necessary, I'll sign up for that one too.

In New Hampshire, the COVID-19 vaccines are now available to anyone over 16-years-old. For more information on the vaccines and how to sign up for them visit [vaccines.nh.gov](https://vaccines.nh.gov) or call 211 for more information.

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ASSESSORS

(Continued from Page A1)

Walker said they received 26 applications for abatements for 2020 and are in the process of investigating those. She said they will make recommendations to the board with their findings.

Since Oct. 1, 290 deed

transfers have taken place, 199 of which were considered arm's length, or a sale between independent parties.

Selectman Kevin Hayes said his property was recently inspected and commended the professionalism the inspec-

tion.

"The young man came, was very professional with a great conversation," Hayes said. "(He) explained what he was doing and was gone in 15-20 minutes."



Assessing agent Marybeth Walker gives the selectmen an update on the town's assessment process in 2021.

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