

Winnisquam Echo

THURSDAY, JUNE 13, 2019

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE



DONNA RHODES

Former Special Olympian Ben Phillips of Belmont joined police officers from Belmont, Gilford, Laconia, Meredith, Northfield, Sanbornton and Tilton last week when they ran the Special Olympics torch through the Lakes Region. The games were held in Durham this past weekend.

Special Olympics torch passes through Tilton

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – Police of-

icers from central New Hampshire gathered at Lowe's in Tilton late

last Wednesday morning to run the Special Olympics torch through downtown Tilton and on to Winnisquam Region-

al High School. There yet another team from Franklin Police Department waited to carry the torch through their city

on its final leg of the run through the Lakes Region.

Each year in June, law enforcement officers

around the state participate in the torch run to show their support and bring awareness to

SEE **TORCH**, PAGE A14

WRMS students stand out in State House art contest

BY DONNA RHODES
dhrhodes@salmonpress.news

CONCORD – In recognition of the New Hampshire State House celebrating its 200th anniversary this year, the N.H. State

House Bicentennial Commission (NHSH-BC) held a 2019 Mixed Media Art Contest, and at a ceremony on Wed., June 5, winning students from across SEE **CONTEST**, PAGE A14

Belmont Good Citizen award winners named

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT – For several decades, the Town of Belmont's Old Home Day committee has honored one outstanding graduating senior from Belmont High School for their commitment and dedication to the community. Beginning in the mid-1900s as the Miss Belmont scholarship and recognition

award, at the beginning of the 21st Century that title was changed to the Belmont Good Citizen Award and expanded to include male participants.

As the town prepares for its 150th anniversary celebration this year, last Sunday afternoon, four graduating seniors from the community appeared before a panel of SEE **AWARD**, PAGE A14



COURTESY

Spaulding Youth Center hosts 32nd Annual Arts Festival

NORTHFIELD — Spaulding Youth Center is pleased to announce the success of its Annual Arts Festival. The event is a campus wide celebration of arts and theatre and provides students the opportunity to learn about the various aspects of theater, including acting, writing and performing songs as well as participating in set and costume design. This year's event theme was My Own Two Hands, and our students were challenged to express how they can change the world with their own two hands.

Festival producers, worked diligently to plan every detail of

the event. Both producers along with two special guest artists,

Randy Armstrong and Michael Zerphy, met with students

regularly to work on their festival projects. Mr. Armstrong is a multi instrumentalist, award winning musician, composer and teaching artist. Mr. Zerphy blends physical comedy, storytelling and clowning into a delightful program for all ages. The event producers and special guest artists created truly captivating performances of authentic music, art and theater representing many cultures around the world, such as West African drumming and Native American dancing. The Spaulding students, staff, families and other audience members joined Susan SEE **FESTIVAL**, PAGE A14

Four students were nominated for the Belmont Good Citizen Award this year. Celebrating last Sunday afternoon after the awards presentation were co-winners Kelly Hayes (lower far left) and Morgan Ferguson (lower far right), who were joined for a photo in the Belmont 150th Anniversary photo frame with runners up Austin Garrett and Elizabeth Fleming.

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COURTESY

Spaulding Youth Center is pleased to announce the success of its Annual Arts Festival. The event is a campus wide celebration of arts and theatre and provides students the opportunity to learn about the various aspects of theater, including acting, writing and performing songs as well as participating in set and costume design.

Andrew Raeside and Robyn Allen, Arts

HALL MEMORIAL LIBRARY

Tilton/Northfield Monday, June 17
Chess Club 3-5 p.m.
Crochet Corner, 4 p.m.

Tech Tuesday, 2-4 p.m.

Wednesday, June 19
Story Time, 10:30 a.m.

The Bookers, 6 p.m. - "The Shadow in the Wind" by Carlos Ruiz Zafón - Barcelona, 1945—just after the war, a great world city lies in shadow, nursing its wounds, and a boy named Daniel awakes on his eleventh birthday to find that he can no longer remember his mother's face. To console his only child, Daniel's widowed father, an antiquarian book dealer, initiates him into the secret of the Cemetery of Forgotten Books, a library tended by Barcelona's guild of rare-book dealers as a repository for books forgotten by the world, waiting for someone who will care about them again. An uncannily absorbing historical mystery, a heart-piercing romance, and a moving homage to the mystical power of books, *The Shadow of the Wind* is a triumph of the storyteller's art. (Amazon)

Tuesday, June 18
Spanish Club, 10 a.m.

Friday, June 21
Sit and Knit, 3-5 p.m.

Saturday, June 22
Babytime: Movement and Music, 10:30 a.m. - Join us for fun and giggles as we move, sing, and explore through music and movement! No registration required for this free group class for ages 0-2 with a caregiver. We will enjoy early literacy development through stories, songs, and rhymes and your little ones will experience the world through sound, dance, and bonding with you.

New Items
"Fall; or, Dodge in Hell" by Neal Stephenson

"The Pioneers: The Heroic Story of the Settlers Who Brought the American Ideal West" by David McCullough

"Magic for Liars: A Novel" by Sarah Gailey
"Every Tool's a Hammer: Life is What You Make It" by Adam Savage

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 524 calls for service and made the following arrests during the week of May 27 to June 2. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Arrested during this time period were Alyssa Williams (for Reckless Operation and Possession of Drugs), Christine Herbert (as a Habitual Of-

fender), Christopher Hughes (for Theft), Christopher Blodgett (in connection with a warrant), Crystal Merchant (in connection with a warrant), Alicia McLean (in connection with a warrant), Dana Main (for Driving Under the Influence), Steven Morgan (for Driving After Suspension), Kevin Marazoff (as a Habitual Offender and for Disobeying an Officer), Kody Sorrell (for Possession of Drugs), and Jeffrey Blais (in connection with a warrant).

Franklin man sentenced for attempted escape, witness tampering

CONCORD — United States Attorney Scott W. Murray announced today that Brian Sanborn, 54, of Franklin was sentenced to 60 months in prison for attempted escape and witness tampering.

According to court documents and statements made in court, on May 14, 2018, Sanborn called his girlfriend from the Strafford County House of Corrections. At the time, Sanborn was detained on federal charges related to the distribution of fentanyl and methamphetamine. Sanborn was scheduled to go to federal court the next day, May 15, 2018, to plead guilty. During the recorded phone call,

Sanborn instructed his girlfriend to call his mother and to follow the transport van to and from Strafford on May 15 because "something might fall out of that . . . van and you might need to pick something up."

On May 15, 2018, after pleading guilty to distributing methamphetamine and while being transported back to the Strafford County House of Corrections, Sanborn attempted to escape the transport van by prying open the door to the cage inside the van with a six-inch piece of metal that he had smuggled into the van. Sanborn's actions were recorded on video cameras in the van and the deputies transport-

ing Sanborn apprehended him before he could flee. Sanborn called his mother the next day and said, in a recorded phone call, that he "fell out of the back of the van and will probably be facing escape charges."

Another inmate was in the transport van with Sanborn when he attempted to escape. At Strafford, Sanborn sent the inmate a note that said that Sanborn knew his name and knew that the inmate had a girlfriend and child. In the note, Sanborn also offered to pay the inmate to keep quiet about what he saw in the van. The inmate informed Sanborn that he was not interested in Sanborn's help and wanted nothing to do with the situation. After this, other inmate associates of Sanborn began to harass the inmate and told him, among other things, that he was a "rat" and threatened to beat him up or kill him. Sanborn pleaded guilty to these charges on March 1. He previously was sentenced in

September to serve 102 months in prison for methamphetamine trafficking.

"I am grateful for the fine work of the law enforcement officers whose quick thinking stopped this felon's escape efforts," said U.S. Attorney Murray. "In order to maintain the integrity of the judicial system and promote public safety, we will aggressively prosecute crimes such as witness tampering and escape attempts."

"The outstanding and professional work of the Strafford County Sheriff Deputies to prevent the escape was validated today by the strong sentence sought and secured by the diligent work of the U.S. Attorney's Office," said U.S. Marshal Nick Willard.

This matter was investigated by the Strafford County Sheriff's Office and the United States Marshals Service. The case was prosecuted by Special Assistant U.S. Attorney Matthew T. Hunter.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 31 to June 7.

Mike W. Durgin, age 39, of Pittsfield was arrested on May 31 as a Habitual Offender.

Douglas Paul Schnelle, age 39, of Belmont was arrested on May 31 for Simple Assault.

Shabazz A. Mote, age 33, of Meredith was arrested on June 1 for Possession of Controlled/Narcotic Drugs and in connection with a bench warrant issued by Franklin District Court.

Brian Christian Taylor, age 26, of Bristol was arrested on June 1 in connection with a bench warrant issued by Franklin District Court.

Joshua Houten, age 31, current address unknown, was arrested on June 2 in connection with a warrant issued by the Laconia Police Department.

Alan M. Whipp, Jr.,

age 43, of Belmont was arrested on June 2 for Disorderly Conduct. An adult male from Belmont was taken into protective custody for intoxication during the same incident.

Dakota J. Edwards, age 23, of Laconia was arrested on June 3 for Driving After Revocation or Suspension.

Caleb X. Thomas, age 20, of Gilmanton was arrested on June 3 for Driving After Revocation or Suspension.

Ethan R. Limoges, age 19, of Laconia was arrested on June 3 for Reckless Operation.

Paige Fuller, age 27, of Belmont was arrested on June 4 for Violation of a Protective Order-Penalty and in connection with a warrant issued by the Laconia Police Department.

Brienn Cook, age 22, of Manchester was arrested on June 4 for Driving After Revocation or Suspension.

Michael D. Osborne, age 21, of Pittsfield was issued a summons on June 4 for Possession of Marijuana.

M/S Mount Washington celebrates Independence Day with Fireworks Party Cruise

LACONIA — Celebrate Independence Day and enjoy a fireworks display over the lake during the M/S Mount Washington July 4th Fireworks Party Cruise. Every year, Lake Winnepesaukee community members create their own fireworks displays and M/S Mount Washington guests have the best vantage point to enjoy the fireworks show.

The Fireworks Party Cruise on Thursday, July 4, features a lavish dinner buffet, live entertainment with Club Soda, and a scenic three hour cruise. In the Flagship Lounge the entertainment will be hosted

by Tom Paquette. Tickets are \$59 per person, and guests under 21 are welcome, but must be accompanied by a parent or guardian. The ship departs Weirs Beach at 7 p.m. and returns around 10 p.m., after the Meredith fireworks. Advance tickets are recommended as this cruise usually sells out.

The official 2019 daily cruising season for the M/S Mount Washington, and her sister vessels, runs until October offering daily cruises from its summer port of Weirs Beach and servicing the other ports of Alton Bay, Center Harbor, Meredith and Wolfboro. Cruising times and options vary depending on the season with July and August having the most cruises available. Options include daily scenic, sunset dinner dance and island mail delivery cruises.

To learn more about the fleet and view the complete schedule with cruise times and ticket prices, visit <http://www.cruisenh.com> or call 366-5531.

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REGION — In New Hampshire, storm water contributes more than 80 percent of the surface water quality impairments in the state. There are many simple do-it-yourself solutions that can be implemented to reduce the amount of pollutants draining off properties from

storm water into lakes, streams, and estuaries such as planting rain gardens, using rain barrels, installing dripline trenches or infiltration steps.

This summer, Lake Winnepesaukee Association's AmeriCorps members, Alison Baranovic and Gloria Nor-

cross, are available to perform a free, on-site evaluation of storm water runoff problems and advise homeowners on how the problems can be remediated. For people who would like more information, a Residential Storm water Information Fair will be held on June 18, at the Mere-

dith Community Center from 4:30-7:30 p.m. This drop-in style event, spon-

sored by the Waukegan Watershed Advisory Committee, is a great

opportunity to speak with a variety of profes-

SEE AMERICORPS, PAGE A15



Alex Dyer

Prescott Farm hires environmental educator

LACONIA — Prescott Farm Environmental Education Center is pleased to welcome Alex Dyer as an Environmental Educator.

Dyer will spend her work days in local schools as a Naturalist in the Classroom as well as at Prescott Farm as an instructor for field trips and Community Connections programs. During the summer, she will lead campers and Leaders in Training during Prescott Farm's nine-week WildQuest Day Camp.

Born and raised in Maine, Dyer received her B.S. in Biology from the University of Maine and moved to New Hampshire, where she was a Naturalist for the New Hampshire Audubon. She is currently pursuing an M.S. in Sustainable Natural Resource Management through the distance learning program at Unity College in Maine.

"Alex's educational background combined with her engaging instructional style make her a wonderful addition to our education staff," School and Community Programs Director, Andie Hession, said. "Anyone lucky enough to work with Alex will come away from their time with her a lot more knowledgeable and excited to keep engaging with the natural world around them."

Naturalist in the Classroom - Since 2001, Prescott Farm's team of Naturalists and Environmental Educators have connected students and teachers to their communities and the natural environment. The staff works directly with teachers to integrate curriculum requirements into lesson plans that utilize the resources at hand, cre-

ating opportunities for hands-on, placed-based learning and facilitating an enhanced understanding and respect for nature, natural systems, the natural history of the area, and the adoption of environmental stewardship practices.

Community Connections Programs - The Community Connections programs at Prescott Farm are fun hands-on education opportunities for Lakes Region community members and visitors to make meaningful connections to nature & wildlife, food & gardening and NH crafts & customs. Each season offers a uniquely tailored repertoire of both family and adult programs.

WildQuest Camps - WildQuest Camps are environmentally-focused vacation camps for children ages four to 14. Offered during the NH school vacation weeks in winter, spring and summer, WildQuest gives the opportunity to explore, learn and grow ecological awareness in nature. Summer camps encourage 13-14 year-olds to develop critical

team building and leadership skills through the Leader in Training (LIT) program.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

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COURTESY

Area children and families enjoy the popular Children's Authors Tea event at the Belknap Mill sponsored by the LRCS Family Resource Center and Curt's Catering of Gilford.

Popular Children's Authors Tea returns June 17

LACONIA — On Monday, June 17 from 5-7 p.m., a well-loved family event, the Children's Authors Tea, will return to the Belknap Mill in downtown Laconia. The Family Resource Center of Central New Hampshire has invited six New Hampshire authors to tea with the children of our community. Through generous sponsorship from Curt's Catering of Gilford and Lakes Region Coca-Cola, the "Tea" is offered free to children and families in the Lakes Region.

The Authors Tea provides an opportunity for quality family time while also promoting early literacy. Local authors Terry Farish, Karel Hayes, Martha Kruse, Robbie

Neylon, Mary Preble & Rosemary Robichaud will attend the tea and share their love of literacy with young children in the area. "Giving children the opportunity to visit with their favorite authors is a wonderful and concrete experience that supports early literacy", explains Julie Choiniere, a long-time member of the LRCS staff who has helped organize the event for a number of years.

Families attending the tea will have the chance to meet the writers, hear them read their stories aloud, and purchase signed copies of books. Tea will be readily available, along with tea sandwiches and pastries. Every child that attends will

also receive a free book.

Erin Pettengill, Director of the Family Resource Center, has enjoyed playing a role in bringing the Tea to the community, and said "It has been so exciting to help organize an event that brings families together, while also promoting early literacy. I hope this event will continue for years to come."

For more information on the Children's Authors Tea, please contact Tricia Tousignant at the Family Resource Center, 528-0391 or emailtricia.tousignant@lrsc.org.

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New

SEE AUTHORS, PAGE A15

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Opinion

A4 Thursday, June 13, 2019

WINNISQUAM ECHO

A note to the Class of 2019

Most of you reading this week's Editorial have been, or will be, present for one graduation speech, if not more, in the coming days. Honors students will speak, guest speakers will offer words of advice, some will stick with you, some may not. We remember none of the words spoken at our own graduation, except for "I was stone cold sober" — this spoken by an honors student who was in a car accident on her way to graduation, giving our class her advice was to be careful driving. For some reason, the thought of losing a classmate, especially on graduation day, stuck with us into adulthood, and we have, as a result, always been a careful driver.

Thoughts about the next step after graduation come to mind. We remember not having a solid idea ourselves on what our next steps would be after graduation. Waking up the morning after graduation was eye opening. Never would we set foot as a student in our high school again. The comfort provided by that building and its wonderful staff would no longer be there. We felt "booted from the nest," so to speak, and that wasn't necessarily a bad thing; it was just the start of a new journey.

A quote never far from our mind is "Set your life up as though you never want a vacation." Simply put, this means find your passion and get paid for it. We've all heard this day in and day out. While it's not always that simple as time goes by due to life changes it is a great jumping off point, especially for a new graduate.

You may not know what your passion is quite yet, and that is OK. Those are light bulb moments that just appear out of nowhere, and when they do show up, use that momentum to make a go of it. Finding your niche in the world by finding your passion will, in turn, help you find happiness.

Success in this life is not about how much money you can make, or how big your house is. Success comes from happiness and self-satisfaction. If you can find the time during your work week to do the things you love, the things that make you laugh and put a smile on your face and give you enough money to support yourself, then you will know you're doing something right. This life is meant to be lived, and lived well. As a new graduate, there is nothing standing in your way of reaching your goals unless you allow that to happen. Remember to stay relaxed about your future. Life is a journey and a super amazing one at that. Choose to keep friends and family in your circle who will always encourage you. Choose the ones who are honest, genuine and encouraging, and make sure you are that way in return. Be appreciative of your parents and caregivers, never forget to ask how they are doing, for they were once in your shoes and one day you will be in theirs.

Of course, none of us have it all figured out, no matter how far we are along life's path, but there are a few tips worth being shared. The first is to always stay active and fit, wear sunblock, drink plenty of water and don't ever smoke. Your future self will thank you. Try to do as much as possible without involving your phone. To truly be present in an experience is to leave your phone in your back pocket and take it all in.

The next 'must' on the list is to travel. Travel, travel, travel. Explore those other countries and cities that you have always wanted to visit. Even if that means a short road trip right next door into Vermont, Maine or Canada, seize the opportunity. Tickets and hotels are much more affordable than you might think. Go to a professional sporting event at least once. Go see live music as much as possible. Learn to play an instrument and to speak at least a little of another language. Experiencing life through the eyes of other places and other cultures will make yours a million times more fruitful.

If you do the right things, the right things will happen. Congratulations to you all, and cheers to a fun filled future.



Manchester VA Medical Center Director Alfred Montoya was the keynote speaker for D-Day ceremonies at the New Hampshire Veterans Home on Thursday, June 6. Before the ceremony got underway however, Montoya spent a few minutes talking with resident Bob Giguere, who participated in the first assaults on Omaha Beach in 1944.



Veterans Home residents commemorate D-Day

During D-Day ceremonies at New Hampshire Veterans Home last Thursday, the facility's oldest resident, Joe Bennett, age 101, and fellow WWII veterans Donald Williams and Bob Giguere listened closely to a presentation by keynote speaker Alfred Montoya of the Manchester VA Medical Center. All three of the men had direct connections with the D-Day events of June 6, 1944.

STRATEGIES FOR LIVING

The odyssey of a troubled Christian

BY LARRY SCOTT

Why am I a Christian? Why do I believe in a God Who some people maintain has given us no tangible, provable, evidence of His existence? And why do I believe in a God Who seems to have been absent when I needed Him the most?

Life has not been easy. The principles I've had to live by were not always convenient, but they have been amazingly protective. Left to myself, I am prone to self-destruct. But God has protected me — from myself — and I have discovered that God's way is always best.

I am neither a mys-

tic nor a psychic. God doesn't "tell me things." But I have found direction, not in a voice or a dream, but in the unique way circumstances play out in my life. When God "speaks," His "voice" is seen rather than heard. I have observed Him work out the events of my life in a way that gives evidence of a master tactician at work.

Despite my tendency to make a mess of things, God has not been absent. Hiding in the shadows, perhaps, but never absent. 2004 was a banner year for my family, a year in which a myriad of apparently unrelated events came together like a jig-saw puzzle.

In four months time I remarried the wife of my youth after a twenty-year time out; I sold my 40-foot sailboat in a crowded boat market for a fair price; I moved to New Hampshire, purchased and furnished a home, and settled in debt free. Circumstantial evidence? Maybe. But in my experience, God's timing is awesome.

If I awake in eternity to find there is no God, I will be confused and disappointed, but I will not feel I have been defrauded. My faith, even if it were to turn out to be bogus, has protected me. I have been saved from myself, my drives, passions, and foolish ambitions. I have been able to live with a clear conscience, and with a set of directives that have protected me from self-destructing.

Everything I have said in this article is true, and it is true because there is a God Who has and will continue to reveal Himself in the affairs of my life. My evidence, and I call it proof, of God as a loving, caring Being is found in the life, death, and resurrection of Jesus Christ.

The Christian faith

raises a myriad of questions, all of which are important to our understanding of the Christian message. But if doubt is an issue, there is only one place to begin: did Jesus arise from the dead? If He did not, He was a fraud or a lunatic.

But the evidence is overwhelming. The empty tomb, eyewitness reports, and the faith of the Apostle Paul, who was able to personally verify the facts, confirm beyond doubt that Jesus was seen alive following His crucifixion. He ate breakfast with them on the shores of the Sea of Galilee; He had a heart-to-heart with the Apostle Peter; He appeared to His disbelieving brother James. Over five hundred people would later testify that they had seen Jesus, alive and well.

There is much about my Christian experience I don't understand, but I do not question the way God has allowed my life to develop. I am confident with my relationship with God is genuine, for the evidence He has given me is beyond question. His Name is Jesus Christ.

Send your letters!

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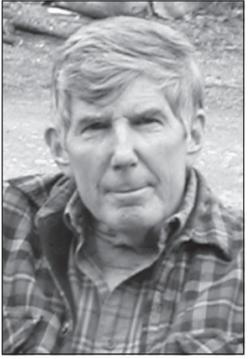
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NORTH COUNTRY NOTEBOOK

Apple blossoms accompany the return of major splat

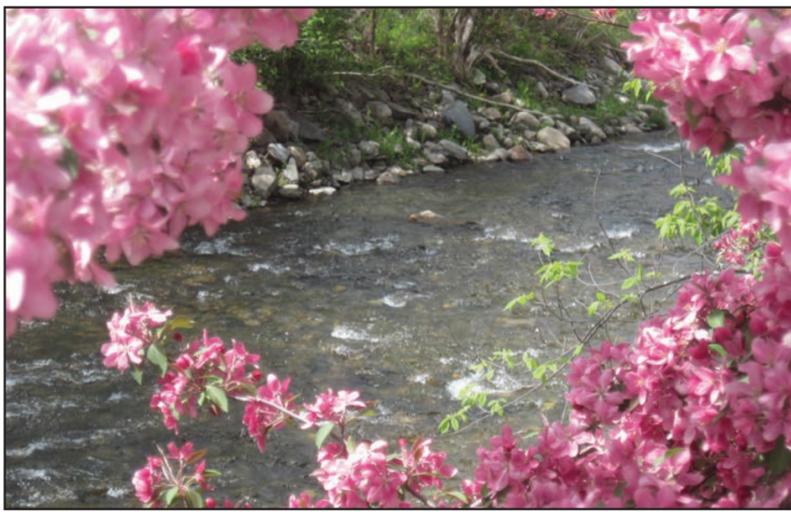


By JOHN HARRIGAN
COLUMNIST

Gap, and people writing letters to Congress. This follows an impromptu survey last spring, in the fifth year (or so) that the North Country had almost no June bugs. Sample answers: "What are June bugs, anyway?" and "Is that the big bug that goes 'splat' and makes a big gooey mess on your windshield? Because I'll tell you what, mayflies are bad enough."

In the "Conclusions" box at the end of the survey, which is the fun part because you get to make stuff up, one person (okay, it was me) had the courage to say that there must be some sort of reason for June bugs--something else out there must, you know, like eat them or something. He charged the scientific community with not caring about the status of June bugs.

"When you don't see June bugs even in June, you should know you have a serious problem somewhere," said an



JOHN HARRIGAN

Take a stroll down Colebrook's Pleasant Street and you'll see bursts of blossoms covering every section of what looks like a cherry tree, or maybe a crabapple.

undergraduate at the Tierra del Fuego School of Extremely Limited Agriculture," adding "You won't tell my parents that I went off the dorm and meals plan, will you?"

+++++

Readers should understand (Reminder: I'm back to Serious now) that when they write to

me about this or that, some of what they write might wind up in the paper. Newspapers are all about news, after all, and sometimes a reader writes about a topic that some radio and television stations are always blaring and hyping about as "breaking news."

Most of the time, I'll try to contact whoever sent me the mail, but

sometimes neither time nor inclination permits.

+++++

If a riot of pink and white blossoms is any indication, it looks like we're in for a bumper crop of apples, at least the wild apples I love to steal around in when I'm bird-hunting hither and yon.

One goal after two and a half years on the Injured List is to renew acquaintances with my little light French gun, a .20 gauge Helice that was made in a father and son shop in France in the early part of the last century.

I got the gun from



COURTESY

Yup, that's a nice, big, fat, juicy (as when it hits your windshield) June bug all right. He and his kin seem to be around again after a long and unexplained hiatus. (Photo Shutterstock.com)

Frank Parker, long-time outdoor columnist for the Union Leader. Frank and I got off to a rocky start but soon became fast friends. Also, he had a pool table in his cellar, and I love to shoot pool.

If we're on the subject of truth, and I guess we are, my full disclosure, as the television script writers are always saying, is that I love the game of golf almost as much as I love bird hunting, for a host of different reasons. And of the two, golf is a whole lot easier to explain.

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

MVSB supports financial education through donation to HOMEteam

CONCORD — Meredith Village Savings Bank (MVSB) has once again supported HOMEteam in their mission to provide greater access to quality consumer education for those seeking to buy or maintain a home. The recent \$10,000 donation follows years of financial and volunteer support for the organization, as well as HOMEteam's partners CATCH, NeighborWorks Southern New Hampshire and Lakes Region Community Developers.

"HOMEteam was established to help people purchase their first home, or to retain their existing home," said Rick Wyman, President of Meredith Village Savings Bank. "The more than 60 years of combined experience from three of the state's top performing non-profit agencies is what makes HOMEteam an ideal resource. Providing education, tools and one-on-one support helps local community members navigate the world of ownership. We are always pleased to contribute to programs that further the economic advancement of our community."

Through a series of workshops and one-on-one counseling, among many other resources, HOMEteam helps first-time home buyers and renters, offering insight on protecting and preserving the home investment.

"The success of the HOMEteam collabora-



COURTESY

Denise Hubbard, Mortgage Loan Program Specialist, MVSB, Carol Bickford, Senior Vice President, Mortgage Lending, NHMB, Paul McLaughlin, HOMEteam Director, Carmen Lorentz, Executive Director, Lakes Region Community Developers and Rick Wyman, President, MVSB

tive is a direct reflection of the incredible support we receive from our partners," said Paul McLaughlin, HOMEteam Director. "We're elated to be on the receiving end of such generous support from MVSB. We look forward to partnering with them as we continue providing educational services to NH residents."

HOMEteam's education and resources offer New Hampshire residents across 84 towns and cities in-

formation and tools to make sound financial decisions related to purchasing, renting and maintaining a home. Through workshops and one-on-one counseling, HOMEteam helps first time home buyers navigate the mortgage process, renters save for home ownership and home owners preserve and protect the investment made in their homes. HOMEteam is an independent, non-profit membership organization that was created by a partnership between

CATCH Neighborhood Housing, NeighborWorks Southern New Hampshire and Lakes Region Community Developers (formerly Laconia Area Community Land Trust) to provide a comprehensive menu of homeownership opportunities for individuals and families. For more information about HOMEteam, visit hometeamnh.org.

Unlike a stock bank, Meredith Village Savings Bank is a mutual savings bank that op-

SEE MVSB, PAGE A15

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Francis "Frank" Paul Bevacqua, Jr.

TILTON — Francis P. Bevacqua, Jr., 81, a resident of Tilton, died Tuesday, May 21, 2019 at the Concord Hospital in Concord following a lengthy illness.

Frank was born in Boston, Oct. 23, 1937, son of the late Francis P. Bevacqua, Sr. and Anne (Sullivan) Bevacqua. He lived in Weymouth for several years.

Frank graduated from Weymouth High School. He enlisted in the U.S. Air Force in 1955, serving honorably as an Airplane Dispatcher until 1959, with the Rank of A2/C, receiving several Decorations and Commendations. While serving he and his wife lived in England. He attended many schools, tak-



ing courses relating to fire service for several years. When not on duty as a firefighter, he worked for the Ca-zeault Roofing Company in Weymouth.

Frank was a firefighter for 28 years in Weymouth, retiring as Deputy Fire Chief of the Weymouth Fire Department. He was proud of serving

during this time as Hazmat Officer. Following his retirement, he and his wife Margery moved to North Carolina, followed by a move to Dunnellon, Fla., living there for 20 years. He and his wife decided at some point they would enjoy time in New England and purchased their home in Tilton, where they lived for the past two years.

While living in North Carolina, he and his wife lived in the Topsail Greens Country Club Community and he served as President of the Homeowners Association.

He later served as Commandant of the Community Emergency Response Team and Chaplain with the

Spruce Creek Preserve Military Club in Florida. He and his wife enjoyed traveling and trips to many countries. He was an avid golfer. Frank enjoyed keeping busy with home repairs and felt he could fix about everything. After his move to Tilton, those things did not exist at his new home. He was a parishioner of St. Mary of the Assumption Church, of St. Gabriel Parish in Tilton NH.

In addition to his parents, Francis was predeceased by a son, Kenneth, in 2018, and his best friend and companion for 15 years, his black lab, "Lucky."

He leaves his wife of 62 years, Margery Ann (Cantara) Bevacqua of

Tilton; sons Stephen Bevacqua and his wife Paula of Saugus, Mass.; Paul Bevacqua and his wife Kris of Billings, Mont.; daughters, Jeanette "Jan" Bevacqua of Hillsboro, and Margery "Midgie" Blades and husband Everett of Yuma, Az.; daughter in law, Aline Bevacqua of New Boston; grandchildren Teagan Bevacqua, Annalee Blades and Andrew Bevacqua; a brother, Paul R. Bevacqua of Carver, Mass.; and one niece.

Family also includes "special friends" Patricia Pelton, Laura Bevacqua and Charles Jackson.

Calling hours will not be held.

A Mass of Christian Burial will be held on Tuesday, June 18, 2019

at 10 a.m. at St. Mary of the Assumption Church of St. Gabriel's Parish, 16 Chestnut St., Tilton.

Burial will be in the New Hampshire State Veterans Cemetery with committal prayers and honors on June 18, 2019 at 1:30 p.m.

Assisting the family is the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St. in Tilton, NH, 03276.

Those wishing may make memorial donations in Frank's name to the New Hampshire Veterans Home, "Activity Fund," 139 Winter St., Tilton, NH 03276.

For more information, go to www.smart-funeralhome.com.

LRPA's salute to B movies rolls on with "Evel Knievel"

LACONIA— Cinematic history is filled with award-winning movies, breakthrough performances, landmark themes – and then there's everything else. Sometimes you just want to relax and watch something mindless – a movie that is "so bad that it's good." LRPA has got you covered during the month of June with our first annual "Festival of the Restival," a celebration of the wacky, weird and wonderful world of B movies. Join us each Friday and Saturday night at 10:30 p.m. for a B movie treat! This weekend (June 14 & 15), our festival does double duty, celebrating both B movies and motorcycles with 1971's "Evel Knievel" starring George Hamilton.

"Evel Knievel" is a somewhat satiric but good-natured biography of Bobby "Evel" Knievel (Hamilton), famed motorcycle daredevil and self-proclaimed "last American gladiator." As the film opens, Knievel is at California's Ontario Motor Speedway, preparing for his next big stunt: jumping his

bike over 19 automobiles. Knievel begins to reflect on his life and memories, and so the story is told in flashback. We see Knievel as a young boy, attending his first daredevil show, with tragic results; we see Knievel as a young man, full of ego and wild charm; and we see him in the present day, facing greater stunts and crazy challenges.

"Evel Knievel" is one of several biopics of the late, great stunt rider, but for many of his fans, this one is the very best. Don Druker of The Chicago Reader summed it up by writing, "George Hamilton's performance as the amiable megalomaniac is an affectionate portrait of a truly crazy man, rounded out with casual, throw-away humor." What better way to end Motorcycle Week? So grab your popcorn and meet us after dark for this bike-filled cult classic.

Mark your calendars for this wondrous Restival Festival: June 14 & 15:

1971's "Evel Knievel June 21 & 22:

1964's "Spider Baby" June 28 & 29:
1959's "Plan 9 from Outer Space"

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

Knights of Columbus hosting Breakfast at St. Joseph, Belmont

BELMONT — The Robert Leroux Council Knights of Columbus Council 10943 is hosting a Pancake breakfast on Sunday, June 23. Breakfast will be served following the 9:30 a.m. Mass. Proceeds will support the Pro-Vida pro-

gram this summer.

To thank the community for its support, there is no charge. But donations are welcome! Come spend part of your Sunday morning with us. Relax, visit, and enjoy a breakfast prepared and served by the

Knights.

The breakfast menu will include but is not limited to, Blueberry Pancakes, Fruit, Maple Rolls, Eggs, Sausage, Juice, Coffee, Milk. St. Joseph is located at 96 Main St., Belmont.

Taylor Community to host theatrical performance

LACONIA — As a rule, men tend to look at life solely from their own point of view. Typically, they believe their point of view is the truly correct one. In this one-man performance of comic and dramatic monologues, Hank Offinger takes on a number of different characters who are convinced their individual perspectives reveal the truth. The performance is scheduled for Wednesday, June 19 at 6:30 p.m. in Taylor Community's Woodside Building and is free and open to the public.

Besides his full-time job as Taylor Community's Care Management Director, Offinger can often be found on stage throughout the Lakes Region Community.

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

Matthieu LaPlante of Belmont named to SUNY Potsdam President's List

POTSDAM, N.Y. — Matthieu LaPlante of Belmont was recently named to the President's List at The State University of New York at Potsdam.

LaPlante, whose major is Music Performance, was among 909 SUNY Potsdam students who were honored for academic excellence in the Spring 2019 semester. College President Dr. Kristin G. Esterberg recognized the students for earning top marks.

To achieve the honor of being on the President's List, each student must have satisfactorily completed 12 numerically-graded semester hours, with a grade point average of 3.5 or higher.

About SUNY Potsdam Founded in 1816, The State University of New York at Potsdam is one of America's first 50 colleges – and the oldest institution within SUNY. Now in its third century, SUNY Potsdam is distin-

guished by a legacy of pioneering programs and educational excellence. The College currently enrolls approximately 3,600 undergraduate and graduate students. Home to the world-renowned Crane School of Music, SUNY Potsdam is known for its challenging liberal arts and sciences core, distinction in teacher training and culture of creativity. To learn more, visit <http://www.potsdam.edu>.

MVSB issues annual Community Photo Contest reminder

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are currently collecting full-color photography for their annual photo contest, ending on June 15. Winning images will be featured on five websites: the three Banks, New Hampshire Mutual Bancorp (NHMB) and MillRiver

Wealth Management, as well as in desktop and wall versions of printed calendars. Photos may also be selected for holiday cards and note cards.

A \$100 cash prize is awarded for each winning photo selected. Winners are responsible for the payment of any federal, state and local taxes on their prizes. Successful images will focus on local events such as the Hampton Beach Master Sand Sculpting Classic or a Keene Swamp Bats baseball game; fun venues such as the Meredith Art Walk or the WOW Trail; activities such as waterskiing or downhill skiing; attractions such as Distant Hill Gardens or Mine Falls Park; or just photos that represent life in New Hampshire during any season.

As different formats are needed for the websites and printed materials (calendars, cards), two separate contests are being held. Participants may enter one or both. A maximum of five, full-color photographs are accepted with each submission. Online entries can be made at either www.mvsvb.com/photo-contest, www.themerrimack.com/photo-contest or www.walpolebank.com/photo-contest. Participants can also gather the forms and drop off prints at any branch office at MVSB, the Merrimack or Savings Bank of Walpole. Photos and entry forms must be submitted before the close of business on Saturday, June 15.

SEE CONTEST, PAGE A16



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:
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Wedding, engagement, and anniversary announcements are welcome at:
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Please contact Executive Editor
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Huot Center recognizes student achievements

LACONIA — On May 30, the J. Oliva Huot Career and Technical Center recognized the achievements of their 2019 graduating class. A large crowd of family, friends and school officials gathered to support the center's 122 students who completed a two-year career and technical education program. Center Director, David Warrender, made a point of recognizing the many students who had earned professional certifications throughout the year ranging from OSHA-10 and technical certifications such as Solidworks and ASE (automotive) to students completing extended clinical experiences to become licensed as nursing assistants. Numerous students were also congratulated for earning college credit during their time at the Huot Center with over 300 college credits being earned at the center during the 2018-2019 school year.

A number of special awards and scholarships were given out by teachers and community supporters. In addition to traditional academic

scholarships, students in programs such as Building Construction and Plumbing and Heating received "tool belt" awards that provided them with hundreds of dollars in free tools needed to launch their professional careers. While some programs received industry support for their scholarships, others used fund raising activities and teacher donations to help recognize outstanding students. Altogether, students were awarded approximately ten thousand in scholarships and awards with many others learning that they were in line to receive additional support from the Lakes Region Scholarship Foundation.

At the close of the ceremony students were individually called to the stage to receive their Certificates of Completion documenting successful mastery of their program specific content. The Huot Center is one of over twenty-five career and technical education centers operating in New Hampshire and serves students from six local high schools. The majority of students present at the Huot Celebration

of Achievement were seniors who will be

graduating from their home high schools in

the coming weeks.

A list of award win-

ners is provided below.

AWARD	PROGRAM	NAME	SCHOOL
Emily French Award	Automotive Tech	Jonathon Fecteau	LHS
Golden Hammer	Building Construction	Kelby Brooker	LHS
Golden Hammer	Building Construction	Lillann Mastine-Ingmire	GHS
HTC Toolbelt Award	Building Construction	Matthew Hersey	LHS
LRBRA Educational Scholarship	Building Construction	Alex Goodearl	ILHS
LRBRA Educational Scholarship	Building Construction	Shyann Stockton	WRHS
CCI David Dupuis Award	Building Construction	Shyann Stockton	WRHS
CCI David Dupuis Award	Building Construction	Alex Goodearl	ILHS
CCI David Dupuis Award	Building Construction	Matthew Hersey	LHS
Joseph Cerutti Award (LRBRA)	Building Construction	Travis Mallalieu	WRHS
Hines Outstanding Teacher Award	Teacher Prep	Blake Bergeron	LHS
Patricia Ann Hawkins Huot Superintendents Award for Aspiring Educators	Teacher Prep	Tatum Hartford	BHS
Huot Filmmakers Award	Digital Media Arts	Isabella Cutter-Cunuli	LHS
Most Improved Health Science Student	Health Science	Renee Corriveau	LHS
Gina McGuire Living Scholarship	Health Science	Ashley Olisky	BHS
Gina McGuire Living Scholarship	Health Science	Margaret Witham	BHS
Health Science Academic Achievement	Health Science	Jennie Gannon	GHS
Health Science Clinical Achievement	Health Science	Erika Mosher	GHS
Belknap County Chief's Scholarship	Law Enforcement	Faith Pakasuk	LHS
Jeanne M. Clary Award	Law Enforcement	Deante Miller	ILHS
Jeanne M. Clary Award	Law Enforcement	Kayleigh Thoroughgood	LHS
Gilford Police Relief Association	Law Enforcement	Geanina Swaney	WRHS
NH Sherriff's Association	Law Enforcement	Pierce Brown	GHS
Plumbing Excellence Award	Plumbing/Heating	Geanina Swaney	WRHS
Schofield Plumbing Award	Plumbing/Heating	Nick Perry	GHS
Huot Achievement Medal	Plumbing/Heating	Garret Whitney	LHS
Huot Achievement Medal	Automotive Tech	Jake Deware	BHS
Huot Achievement Medal	Building Construction	Zach Poire	BHS
Huot Achievement Medal	Culinary Arts	Travis Mallalieu	WRHS
Huot Achievement Medal	Health Science	Katie Theberge	LHS
Huot Achievement Medal	Pre-Engineering	Miah Bailey	BHS
Huot Achievement Medal	Law Enforcement	Noah Dickey	LHS
Huot Achievement Medal	Business	Kaylee Thoroughgood	LHS
Huot Achievement Medal	Teacher Prep	William Cone	LHS
Huot Achievement Medal	Computer Programming	Tatum Hartford	BHS
Huot Achievement Medal	Digital Media Arts	Patrick Deegan	LHS
Huot Achievement Medal	Allied Health	Jen Bateman	LHS
		Delaney Ross	LHS

Comfort Keepers

What routine eye exams can reveal about your health

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Regular eye exams are even more important as we reach our senior years. After turning 60, several eye diseases may develop that can permanently affect your vision. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases early, when treatment to prevent vision loss proves most effective.

There are warning signs for age-related eye health problems that could cause vision loss, but many eye diseases have no early symptoms. They may develop painlessly, and you may not notice changes to your vision until the condition has already progressed. Of course, see your eye

specialist immediately if you notice changes in your vision. Here are some vision disorders all seniors should know about:

Age-related macular degeneration (AMD) is an eye disease that affects the macula (the center of the light-sensitive retina at the back of the eye) and causes central vision loss, while peripheral (side) vision remains unaffected. The macula allows us to see fine detail and colors. Activities like reading, driving, watching TV, and recognizing faces all require good central vision.

Cataracts are cloudy or opaque areas in the normally clear lens of the eye. Depending upon their size and location, they can interfere with normal vision. Usually cataracts develop in both eyes,

but one may be worse than the other. Cataracts can cause blurry vision, decreased contrast sensitivity, dulling of colors, and increased sensitivity to glare.

Diabetic retinopathy is a condition that occurs in people with diabetes. It is the result of progressive damage to the tiny blood vessels that nourish

the retina. These damaged blood vessels leak blood and other fluids that cause retinal tissue to swell and cloud vision. The condition usually affects both eyes. The longer a person has diabetes, the greater the risk for developing diabetic retinopathy. At its most severe, diabetic retinopathy can cause blindness.

Dry eye is a condition in which a person produces too few or poor-quality tears. Tears maintain the health of the front surface of the eye and provide clear vision. Dry eye is a common and often chronic problem, particularly in seniors.

Glaucoma is a group of eye diseases characterized by damage to the optic nerve, re-

sulting in vision loss. People with a family history of glaucoma and older adults have a higher risk. Glaucoma can be painless, with no symptoms. It can take away peripheral (side) vision.

Retinal detachment is a tearing or separation of the retina from the underlying tissue, and most often

SEE COMFORT, PAGE A15

TOWN OF NORTHFIELD PLANNING BOARD

Town Hall
Monday, July 1, 2019 at 7:00 pm
AGENDA

1. Minutes – June 3, 2019
2. Zoning Review
3. Other Business

Respectfully,
Jason Durgin, Chairman

This is a public meeting and citizens are invited to attend. All applications and plans are available for review at the Town Hall and at www.northfieldnh.org

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PET OF THE WEEK

SADIE

Sadie is a local NH sur-render. She is roughly 1 year old, house and leash trained. She knows sit and down. She is very food motivated and ready to learn! Sadie can be a little rough around other dogs, and will require a bit of training in order to be good with other dogs. At this time, she is looking to be the only pup in the home, may do well with children 12 or older, and has lived with cats perfectly fine in the past. This sweet girl has been working with care and training staff for months now, learning manners and patience.

Sadie is now our longest term resident at the NH Humane Society, and would love more than anything to have somewhere other than a concrete room to call home, and someone other than kennel staff to call family.



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From summit to shores, arts meet the outdoors

Photo: Brad Dumont, NHMF

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FEATURED RACES AND EVENTS JUNE 8TH-16TH

JUNE 13TH:
Rally Headquarters Open Daily at 8am on the Boardwalk of Lakeside Ave.
June 8 @ 8:00 am - June 16 @ 9:00 pm
Cornerstone Outreach Ministries Safety Stop on Route 9.
June 8 @ 8:00 am - June 16 @ 6:00 pm
M/S Mount Washington Docksides
June 8 @ 12:00 pm - June 16 @ 5:00 pm
Harley-Davidson Display, Demos & H.O.G. Check-in at the NH Motor Speedway Mon.-Sat.
June 10 @ 9:00 am - June 15 @ 5:00 pm
Guided Tour to the Ride to the Sky, leaves from Laconia HD!
June 13 @ 7:00 am - 5:00 pm
We LOVE Laconia Motorcycle Week Ride leaves RHQs at 10:00am.

June 13 @ 8:00 am - 5:00 pm
Seek the Peak! Concord HOG Chapter #2756 ride to Mt. Washington Auto Road
June 13 @ 8:00 am - 5:00 pm
Ride-In Bike Show at Bentley's Saloon in Maine
June 13 @ 9:30 am - 2:00 pm
Mt. Washington Auto Road "Ride to the Sky"
June 13 @ 10:00 am - 5:59 pm
Custom Bike Show at the Historic Train Station in Downtown Laconia
June 13 @ 11:00 am - 3:00 pm

JUNE 14TH:
Big Air Jumps & Stunts Show at Makris Lobster & Steak House
June 8 @ 12:00 pm - June 15 @ 3:00 pm
Live Music at the Naswa Resort daily from 11am - close.
June 8 @ 12:00 pm - June 15 @ 8:00 pm

8:00 pm
M/S Mount Washington Docksides
June 8 @ 12:00 pm - June 16 @ 5:00 pm
Swap Meet at Opechee Park during Bike Show!
June 14 @ 8:00 am - 1:00 pm
LRSS Supermoto Practice at NHMS
June 14 @ 8:00 am - 5:00 pm
15th Annual City of Laconia Bike Show
June 14 @ 9:30 am
Belknap County Nursing Home Welcomes Motorcycle Week!
June 14 @ 11:00 am - 3:00 pm
Bike Blessing by the Christian Motorcyclist Association at 11am at the City of Laconia Bike Show at Opechee Park. All are welcome.
June 14 @ 11:00 am

JUNE 15TH:
M/S Mount Washington Docksides
June 8 @ 12:00 pm - June 16 @ 5:00 pm
Live Music Daily at the Looney Bin Bar & Grill!
June 8 @ 12:00 pm - June 15 @ 10:00 pm
Motorcycle Demos Headquarters at NHMS
June 10 @ 9:00 am - June 15 @ 5:00 pm
96th Loudon Classic at NHMS June 15th & 16th
June 15 @ 8:00 am - June 16 @ 5:00 pm
NEW for 2019: Laconia Short Track Races at NH Motor Speedway!
June 15 @ 8:00 am - 5:00 pm
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June 15 @ 8:00 am - 5:00 pm
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Living Well

Senior Page June 2019

Making Your Home Elder Friendly

By Edward H. Adamsky, Attorney at Law
Marjorie's husband had just been admitted to a nursing home. I went to her home for a consultation. It was a mid-century split-level house. Marjorie said her husband had been diagnosed with Parkinson's Disease 15 years ago. I asked if he had trouble navigating the stairs. She said that it had been getting quite difficult, and when he had his recent medical incident, the EMTs had to

carry him in a blanket as their stretcher would not navigate the split-level entryway. I was aghast that they hadn't considered this issue until it was too late. Her husband was never able to return home. They should have moved years ago.
If you want to stay home as long as possible you must make your home "Elder Friendly." If you get a condition that makes walking difficult, or requires the use of a wheelchair, then your home needs to

be accessible. You should assess your house to see if it will work for you in the future.
There should be no barriers. Steps (even one or two) are barriers to access. Dim lighting is an impediment for many people. Poor vision and conditions like Alzheimer's Disease create a need for bright lighting. Review the outside and inside of your home for areas to improve.
One major problem area is the bathroom. You will want a

wall-mounted or pedestal sink that allows for wheel-chair access. You will need grab-bars in the shower and by the toilet, and you should have a walk-in shower with no threshold. Rocker-style light switches or motion sensor switches are helpful and add safety (everywhere in the home).
An accessible home has a main-floor bedroom. You won't want to climb stairs as you age or be forced to change a ground floor room into a bedroom when the need arises. You need accessible entrances. Most homes (even some that are ostensibly designed for elders) have one or more

steps at the entrance. An accessible home will have a ramp or smooth entryway without steps. All doorways, interior and exterior, should be 36 inches wide.
Laundry facilities should be on the same floor as the bedroom and bathroom. Carrying a laundry basket down a flight of stairs is like asking for a broken hip. Also consider if your home will accommodate live-in help? Some people down-size to a place that is too small. A grown child may want to move in to provide assistance, or you might hire a live-in assistant. You will want to provide space for this option.

Kitchens can be improved too. New appliances have safety features such as automatic shut-off and even remote control. Induction cooktops avoid burns and refrigerators with bottom-drawer freezers work well for those who cannot reach up high. Pull-down shelving and other devices limit the need to reach and help avoid falls too.
If you plan to stay in your own home as you age (or are thinking about moving to a new home for retirement) consider these issues and make your home "elder friendly" so you can stay there as long as you want to.



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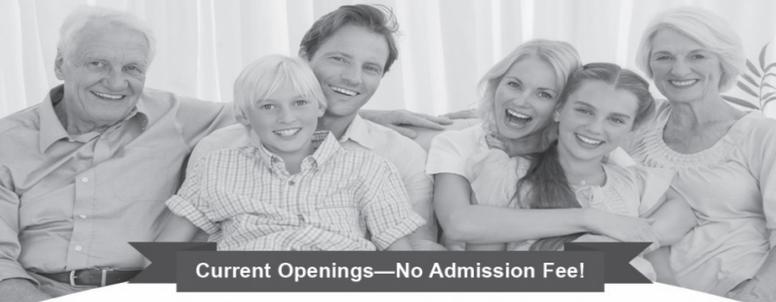
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Living Well

Senior Page June 2019

Health Benefits of Popcorn

At the Star Theatre in St. Johnsbury we sell what many of our patrons describe as the best movie-theatre popcorn they have ever had and we sell plenty of it. It is enjoyed by people of all ages, but it is an especially beneficial snack for senior citizen patrons. The health benefits of popcorn are many and include:

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Popcorn is a powerful antioxidant that helps prevent the formation of cancerous cells and lowers the chance of premature aging.

Popcorn supports weight loss due to its low fat and calorie content. Five times less calories than potato chips.

Upon request we top our delicious popcorn with REAL butter, an often maligned food item that actually is an important part of any healthy diet. Many of us grew up being told that butter just wasn't good for us, but as butter consumption declined obesity and heart disease rates climbed to all time highs. The fact is that REAL butter is good for you. To read about the



Senior citizen like Nina Taylor are always amazed that we use real butter topping on our delicious popcorn.

many health benefits of butter we suggest that folks visit <http://www.bodyecology.com>. For a thorough explanation of the health benefits of popcorn we urge folks to

visit <http://www.healthbenefits-times.com>. At the Star Theatre, recently expanded to four screens, we also believe that helping to keep people's wallets

healthy is important too, especially for senior citizens. Our admission price for seniors is always \$5.00 And, any senior that attends a film within the next 30

days and brings in our delicious popcorn topped with REAL butter if they choose.

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Living Well

Senior Page June 2019

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LRCC names Patrick Cate Vice President of Academic and Student Affairs

LACONIA — Dr. Larissa Baia, President of Lakes Region Community College, has announced the appointment of Patrick Cate to Vice President of Academic and Student Affairs, effective June 12. Cate is currently serving as the college's Associate Vice President of Academic and Student Affairs, and brings a wealth of experience to the position.

"Patrick has been a proven leader on our campus since his arrival, and has worked tirelessly with faculty, staff, and students" Baia said. "His combined leadership experience in both academic and student affairs will serve as an enormous value as we move forward with college initiatives."

Cate has worked in higher education for the past 19 years. Before starting at Lakes Region Community College in August 2018, Cate served most recently as the Director of Academic and Career Advising at Rivier University. Prior to that he spent 16 years at Plymouth State University, where he held several leadership positions, including Dean of Student Success, as well as teaching undergraduate and graduate



Patrick Cate

level coursework.

He is nationally recognized in the discipline of academic and career advising, and is the creator of the Targeted Advising Approach, an academic advising approach developed to assist students to persist to graduation in a program that best matches their goals. Cate has worked with NACADA, the global community for academic advising. He has published various

articles and chapters in textbooks, presented concurrent and pre-conference sessions and keynotes, and serves on an international taskforce to review and edit the Core Values of Academic advising.

"Lakes Region Community College is such a wonderful place for students to learn," Cate said, "and I look forward to enhancing the programs that support student success and academic achievement

for all learners. The dedicated faculty and supportive staff create a community that I am proud to be a member of and am excited about our future together."

Cate earned his

Bachelor's degree in Biology from Keene State College and his Master of Education in Counselor Education from Plymouth State University. His next goal is to complete his doctorate. A New Hampshire na-

tive, Cate currently resides in Campton with his wife and two daughters.

"We chose to live and raise our family in central New Hampshire because of the wonderful people and surroundings this special place provides. We have the privilege of living and working where others vacation." Cate said. "And LRCC is one of those institutions that makes the Lakes Region a great place to live, work and grow."

Lakes Region Community College offers more than 40 educational programs, as well as workforce training for business and industry. Additionally, LRCC provides housing options for students, and has transfer agreements with many four-year colleges throughout the region, allowing students to begin their education at an affordable community college, with many transfer options to four-year schools. Lakes Region Community College is part of the Com-

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Edward Jones: Financial Focus

Father's Day: Tools Are Great for Father's Day – and for Investors

If you're a dad, you may well be pleased to unwrap some tools as Father's Day gifts. Of course, it might be a stereotype that all men are handy at repairs; women certainly can be every bit as good when it comes to building and fixing things. In fact, the construction process is valuable for anyone to learn – and the same skills that go in to creating and mending physical objects also can be applied to financial projects – such as working toward a comfortable retirement.

Here are a few of those skills:

Diagnosing the challenge –

A good craftsman knows that the first step toward accomplishing any outcome is to assess the challenge. So, for example, if you want to build some bookshelves right into the wall, you'll need to locate the wall studs, determine if you have adequate space for the shelving you want and allow room for future expansion. Similarly, if you want to retire at a certain age, you need to consider the key variables: your current and future income (How much can you count

on from your retirement plans?), where you'll live (Will you downsize or relocate? Will you rent or own a house or condominium?) And what you'll do as a retiree (Will you travel extensively or stick close to home? Will you do some type of work for pay or pursue your hobbies and volunteer?).

Assembling the right tools and materials –

To put together your bookshelf, you will need the right tools – saw, hammer, drill, sander and so on – and the right building materials – plywood, nails, screws,

glue, brackets, moldings and so on. And to work toward a comfortable retirement, you'll also need the right tool – in the form of a long-term financial strategy, based on your specific retirement goals, risk tolerance and time horizon – along with the appropriate materials – the mix of investments you use to carry out that strategy. These investments include those you've placed in your IRA, your 401(k) or other employer-sponsored retirement plan, and those held outside your formal retirement accounts. Ideally, you want a diversified mix

of investments capable of providing growth potential over time, within the context of your individual risk tolerance.

Review your work –

Once you've finished your bookshelf, you occasionally may need to make some minor adjustments or repairs in response to slippage, cracks or other issues that can develop over time. As an investor, you also may need to tweak your financial strategy periodically and adjust your investment mix – not necessarily because something is broken, but to accommodate

changes in your life, such as a new job, new family situation and new goals. Furthermore, over time, your risk tolerance may change, and this needs to be reflected in your array of investments. Consequently, conducting an annual portfolio review with your financial professional should be a priority. Tools are a big deal on Father's Day. But the construction-related tasks they represent, physically and symbolically, go beyond any one holiday and can be used by anyone interested in working toward a solid financial future.

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



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TEACHING STUDENTS, TOUCHING THE FUTURE



DONNA RHODES

As part of the Law Enforcement Torch Run for Special Olympics New Hampshire last Wednesday, Tilton Police Chief Bob Cormier presented Carol Cray, Director of Development for SONH, with a \$1,500 donation from the New England Chiefs of Police Association. Joining him for the presentation were (left to right) Officer Richard Bassett of Laconia Police Department, Belmont Police Chief Mark Lewandoski and former Special Olympian Ben Phillips.



DONNA RHODES

Police officers from seven local towns brought the Special Olympics torch through downtown Tilton last Wednesday to show their support and bring awareness to the New Hampshire Summer Games that took place this past weekend in Durham.

TORCH

CONTINUED FROM PAGE A1

New Hampshire's Special Olympics Summer Games, held at UNH in

Durham. For the past few weeks the torch has been run through several towns in the North Country then it made its way through Plymouth

and Bristol last week. Leaving Meredith early last Wednesday, officers, accompanied by former Special Olympian Ben Phillips of Belmont, trav-

eled through Meredith and downtown Laconia with their police cars and motorcycles leading the way. Meredith and Laconia police were

soon joined by members of the Gilford and Belmont police departments and headed up Route 3 to Tilton. Once the crew arrived at Lowe's there

were still more officers from Tilton, Northfield and Sanbornton ready to run or ride along. Before that leg of the journey got started however, Tilton Police Chief Bob Cormier had a special presentation to make.

Cormier is the current vice-president of the New England Chiefs of Police Association and he had a \$1,500 check from them for SONH. On hand to accept the donation was Carol Cray, Director of Development for the nonprofit organization. She was grateful for the contribution and said it would be put to very good use in supporting the Special Olympics athletes from New Hampshire. Cormier said NECPA was making similar donations to Special Olympics in the other five New England states as well.

Following Franklin's running of the torch, it was taken to the State House in Concord. At 4 a.m. last Friday morning, officers from many towns along the Route 4 corridor joined together for the final 32-mile run to Durham. The torch arrived at the stadium around noon that day then lit the official flame for the 2019 Special Olympics Summer Games during opening ceremonies that night.

This year SONH is celebrating 50 years of providing exciting year round athletic competitions for nearly 3,000 athletes with a broad range of challenges, both physical and intellectual. To learn more about them and their partnership with New Hampshire Law Enforcement, visit their Web site, www.sonh.org.

CONTEST

CONTINUED FROM PAGE A1

the state, including two from Winnisquam Regional Middle School, were invited to participate in a special awards ceremony at the historic state house. Besides the students, their families and teachers, Governor Chris Sununu, Senate President Donna Soucy, Speaker of the House Stephen Shurtleff and N.H. Supreme Court's Chief Justice Robert J. Lynn were also in attendance.

Public, private or home-schooled students in kindergarten through 12th grade were invited to participate in the contest where eventually a total of nine state awards were given to young artists between the ages of five and 21.

The theme for art submissions from the students was "The New Hampshire State House and its Meaning Today," which challenged them to use mixed media to represent their ideas based on that theme. All of the entries were judged on their message, visual effectiveness, originality and universal appeal.

The first step in the competition was for five regional leaders to choose nine preliminary winners from their specific area of the state, including one first, second and



COURTESY

After receiving a second place award for her submission in a Mixed Media Art Contest for the N.H. State House Bicentennial Commission, Hannah Baker of Winnisquam Regional Middle School posed for a photo with Gov. Chris Sununu, Dept. of Education Commissioner Frank Edelblut and other state officials.

third place winner in three age groups. Artwork done by the first place winners from each region then went before a State Panel that finally choose one State Winner from the five selections in each age group, along with second and third place awards as well.

Hannah Baker and Natalie Harbut, eighth grade students from Winnisquam Regional Middle School, were

both recognized for their submissions at the regional level and Baker's Batik work, "Freedom Flight," was selected for second place at the state level.

WRMS art teacher Jessica Cobbett, who attended the ceremony with her students, was excited about their accomplishments.

"The challenging theme of, 'N.H. State House and its Meaning



COURTESY

Winnisquam Regional Middle School art teacher Jessica Cobbett (left) and eighth grade student Hannah Baker (right) posed before Baker's second place entry in the N.H. State House Bicentennial Commission's Mixed Media Art Contest, celebrating the 200th anniversary of the State House in 2019.

Today' was not an easy theme, but it pushed artists to take risks out of their comfort zone and dissect the meaning with creativity in a variety of forms," Cobbett said. "It was an epic art experience to have WRMS students recognized along with family and educators in a ceremony that won't take place again for another 200 years. I am proud that I teach in New Hampshire, a

state that values cultivating creativity in our schools."

A special exhibition in the New Hampshire State House Tunnel will showcase all the Mixed Media Contest Winners from June 3 - July 1, then move on to the New Hampshire State Library Map Room from July 1 - Aug. 1. From there the exhibit will travel one last time to the New Hampshire State Board of Education offices in Concord where it will be on display from Aug. 1 - Sept. 1.

FESTIVAL

CONTINUED FROM PAGE A1

C. Ryan, President & CEO of Spaulding, for a feel-good sing-along of My Own Two Hands to conclude the program.

The primary goal of the festival is to create a performance that allows each student to participate in the event in a way that is most comfortable to them. Students had the option to sing, play an instrument, act, or assist with set building and costume design - all equally important aspects of putting on a

successful show.

"It was wonderful to see students and staff work together to make our 32nd Annual Arts Festival a success," said Colleen Sliva, School Principal & Special Education Director of Spaulding Youth Center. "This event is a great example of the importance of integrating arts programming into the educational curriculum. By participating in this beloved annual event, our students gain confidence and motivation which will serve them for years to come."

For those interested in sponsoring the Arts Festival, another annual event, or donating toward a specific academic or extracurricular interest, contact Cheryl Avery, Director of Development & Community Relations at 286-8901, ext. 107 or donate@spauldingyouthcenter.org.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological,

emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support.

Spaulding Youth Center is a tax exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

AWARD

CONTINUED FROM PAGE A1

local judges to vie for the title and monetary/scholarship awards provided each year by the Old Home Day Committee.

All four of the students who agreed to accept their nomination from a school or community member

this year were asked in advance to prepare a speech on the topic, "What living in Belmont means to me." During the awards event on June 9, they were also presented with a second individual question and allowed a short time to think of their response before delivering a brief reply. Questions for the impromptu speeches in-

cluded topics such as career choices, reflections on past decisions they have made, and the pros and cons of social media in people's lives today.

For only the second time in recent memory, there was a tie from the judges panel this year and both Kelly Hayes and Morgan Ferguson were declared the winners of the 2019 Belmont

Good Citizen Award. The two will now be invited to take part in the Belmont Old Home Day parade and assist with other activities during the daylong celebration in August.

This year's runners up, who were also recognized by the committee, were Austin Garrett and Elizabeth Fleming.

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COMFORT

CONTINUED FROM PAGE A7
occurs spontaneously due to changes to the gel-like vitreous fluid that fills the back of the eye. Other causes include trauma to the eye or head, health problems like advanced diabetes, and inflammatory eye disorders. If not treated promptly, it can cause permanent vision loss.

Other Conditions Eye Exams Can Reveal About Your Health

During an eye exam, visual acuity (sharpness), depth perception, eye alignment, and eye movement are tested. Eye drops are used to make your pupils larger so your eye specialist can see inside the eyes. In addition to eye health, he or she may spot other health conditions, too.

1. Diabetes: Diabetes affects the small capillaries in the eye's retina. These blood vessels may leak blood

or a yellowish fluid, which may be discovered in an eye exam. If your eye specialist notices this, you may have a condition called diabetic retinopathy.

2. Hypertension: Blood vessels in the eye may exhibit bends, kinks, or tears, which may indicate high blood pressure, a

known risk factor for heart disease, diabetes, metabolic syndrome, and other illnesses, including blindness.

3. Autoimmune disorders: If the eye is inflamed, this may be a sign of Lupus or another disorder.

4. High cholesterol: The cornea may have a yellowish appearance or a yellow ring around it which can

be a sign of high cholesterol. There also may be plaques in the blood vessels of the retina, which could indicate elevated cholesterol.

5. Thyroid disease: One of the signs of thyroid disease are bulging eyes or protruding eyeballs. This

condition is also known as Graves Disease.

6. Cancer: Just like you can get freckles and melanoma on your skin, you can also get skin cancer of the

eye. If you see a speck in your eye, ask your eye specialist to examine it. He or she will also check your eye color and pattern to make sure everything looks normal.

7. Tumors: You will be checked for blurry vision, improper pupil dilation (one eye dilating more than the other or remaining fixed), and optic nerve color. If something seems irregular, you may be re-

ferred to a neurologist.
8. Mental Health: People with mental illnesses like schizophrenia and bipolar disorder usually have different eye tracking patterns. Eye specialists can now map those movements through technology.

9. Aneurysm: Tell your eye specialist if you're experiencing blurry vision, eye pain, headaches, or loss of vision. You will also be checked for drooping eyelids (a sign that a blood vessel may have ruptured or is leaking), increased pressure in your eye, bleeding in the retina, and swelling of your optic nerve. Crossed eyes can be a sign of bleeding in the brain, possibly from an aneurysm, or even a stroke.

10. Multiple Sclerosis: Most eye tics are benign, but can also be an early indicator of neurological diseases like multiple sclerosis and Parkinson's. Your eye specialist can help with early diagnoses by checking for anomalies in your retina and optic nerve.

11. Vitamin A Deficiency: If you're not getting enough fruits and veggies (from foods like sweet potatoes, greens, cantaloupe, and carrots), you may develop night blindness and vision loss. Your eye spe-

cialist will check the surface of your eye for damage. Mention if you're having trouble seeing at night.

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MVSB

CONTINUED FROM PAGE A5

erates for the benefit of their depositors, borrowers and surrounding communities. As a result, the organization has remained steadfast in fostering the economic health and well-being of their community, 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 is celebrating its 150th anniversary. For 150 years, the Bank has been serving the people, businesses, non-profits and municipalities of Central NH. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

AUTHORS

CONTINUED FROM PAGE A3

Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain

disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS' work are inclusion, acceptance, and building strengths and partnerships - whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lrcs.org.

AMERICORPS

CONTINUED FROM PAGE A3

sionals about residential storm water management issues. LWA AmeriCorps members, Alison and Gloria, will be at the event to answer questions and for homeowners to sign up for a free residential assessment. If you cannot attend the information fair, but are interested, please contact the Lake Winnepesaukee Association at mail@winnepesaukee.org or call the office, 603-581-6632, to schedule a site visit.

The Lakes Region Conservation Corps (LRCC) is a 22.5 week AmeriCorps service program that develops skills and experiences for conservation professionals. LRCC-LWA AmeriCorps members

will be working to enhance the Lake Winnepesaukee Association's lake protection programs in three main areas: water quality monitoring, education and outreach, and lake management and implementation activities. Alison and Gloria will be serving with the Lake Winnepesaukee Association from May 22 through Oct. 26.

Alison is from Bethel, Conn. and graduated

with a Bachelor of Science degree in Biology from Lafayette College. She developed an interest in conservation through her coursework and completed an Honors Thesis on vernal pool conservation.

Gloria is from Lancaster, Pennsylvania and graduated with a Bachelor of Arts degree in Environmental Studies and a minor in Biology from Gettysburg College. She has

had two experiences abroad, in Copenhagen, Denmark and Namibia, which strengthened her connection with the natural world and helped her realize she wanted to pursue conservation as a career.

The Lake Winnepesaukee Association is dedicated to protecting the water quality and natural resources of the lake and its watershed today and for our children tomorrow. For additional information or any questions, contact 581-6632 or email: mail@winnepesaukee.org.

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School days, Lunch trays, and Gourmets comes to Southwick School

NORTHFIELD — Education Commission Frank Edelblut today premiered the latest episode of "School Days, Lunch Trays, and Gourmets," the Department Web series that highlights the hard work of school nutrition workers across the Granite State. The third installment in the series was filmed at Southwick School



in Northfield, New Hampshire. In the episode, Edelblut makes meatloaf with Winnisquam District Food Service Director Rob Cohen, picks fresh vegetables with students in the on-campus greenhouse, and even visits the school's beehive to see how they harvest their own honey. "Rob Cohen and the nutrition staff at Win-

nisquam are doing a fantastic job engaging students in their farm-to-cafeteria program," Edelblut says. "By building nutrition into the curriculum, these kids are learning where their food comes from, and learning to enjoy a healthier diet. I'm thrilled that we could shine a spotlight on their hard work in this episode."

CONTEST

CONTINUED FROM PAGE A6

The names of the photographers will be unknown to the panel evaluating the work, and selections will be based solely on the suitability of the subject; quality of the photograph; and adherence to the purpose of the contest, which is a celebration of New Hampshire year-round. Unlike stock banks, Meredith Village Savings

Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate for the benefit of their depositors, borrowers and surrounding communities. As a result, each organization 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 stew-



"Lupine Festival" by Thoma Luzi- the featured calendar photo for June 2019.

ardship in all matters of business and service. Founded in 1869, Meredith Village Savings Bank is celebrating its 150th anniversary. For 150 years, the Bank has been serving the people, businesses, non-profits and municipalities of

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

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for over 150 years. The Merrimack was voted "Best Bank"

by the Capital Area's People's Preferences for the 9th consecutive year in 2019. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit 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. With assets totaling \$400 million, the Bank offers a wide range of financial products, including services to individuals, businesses and organizations. Savings Bank of Walpole is an equal housing lender, and member of the FDIC. For more information call 352-7822 or visit walpolebank.com.

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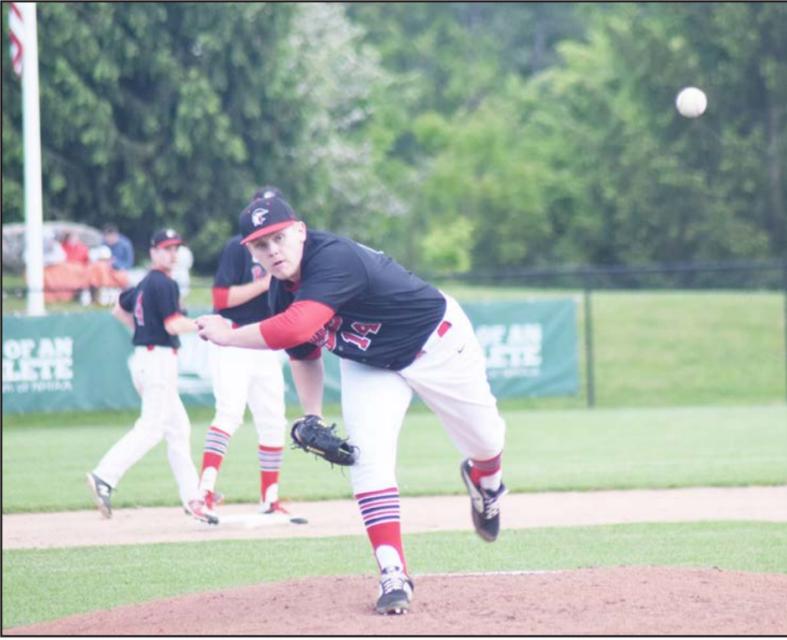
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SPORTS

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BOB MARTIN

Brett Auclair pitched well but took the loss in the semifinals against Hopkinton.



BOB MARTIN

Nate Sottak leads off first in the semifinals

Red Raiders come up short in baseball semis

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Red Raider baseball boys had a top seed entering the state tournament and had their eyes on a Division 3 state title, but a surging Hopkinton squad had something to say about that and the fourth-ranked Hawks won a tight battle 4-2 in the semifinals.

Ace Sam Crawford was on the hill for the Hawks and Belmont was all over him out

of the gate with a first pitch double by Colby Brown to start the game. He was eventually knocked in by Brett Auclair to make it a 1-0 lead for the Red Raiders.

Belmont took the lead into the top of the third inning, and this is where the Hawks did most of their damage. Hopkinton used small ball and capitalized on defensive miscues, as well as a wild pitch, to go up 3-1. The Red Raiders were hurt by a pair

of throwing errors and a lapse of judgment on a bunt hit, but Auclair was pitching well as none of the hits were on hard hit balls.

It was 3-1 until the top of the seventh inning, and in between Belmont wasn't able to do much with Crawford's pitching. In the top of the seventh inning the Hawks strung together a couple base runners on an infield hit and an error, and then a throwing error on a bunt put the game

at 4-1. Auclair got out of the jam but now it was up to the Red Raider bats to get to the next round.

Jason Gaudette, who has played very well in the bottom of the Red Raider order, reached on a throwing error on a close play to set the table for Belmont. Brown then stepped up and hit a long double to left field that got Gaudette to third base. With two men on and senior Griffin Embree coming up, the Hawks

opted to intentionally walk the perennial All-Stater to load the bases and get to another perennial All-Stater, Cam Magerer.

The senior catcher has plenty of pop in his bat and could certainly take the ball deep. However, Crawford had trouble with his control and hit Magerer to drive in a run and make it 4-2. Crawford then settled down and induced a pair of fly outs to end the game, sending the

fourth-ranked Hopkinton squad to the state championship game to take on White Mountains. Hopkinton ended up losing 7-3 to the White Mountains Regional Spartans on Saturday.

It was not the way the Red Raiders foresaw the season ending, as the team was consistently a top team all spring and displayed a combination of great pitching, timely hitting and guts

SEE **BASEBALL**, PAGE B10

BOB MARTIN

Morgan Hall took the loss in the semifinals for Belmont High School.



BOB MARTIN

Raven Gates had the first hit of the game for Belmont in the seventh inning.

Hawks prove too much for Belmont softball

BY BOB MARTIN

Bob@Salmonpress.news

PLYMOUTH – The sixth-ranked Belmont High School softball team was seeking its second consecutive Division 3 finals appearance, but seventh-ranked Hopkinton Hawks got a gem out of pitcher Megan Kimball-Rhines and took an 8-0 victory in the semifinals.

Kimball-Rhines pitched a complete game

two-hitter against the Red Raiders, with the pitcher at one point retiring 13 straight batters. She had a no-hitter going into the seventh inning until Raven Gates reached on an infield hit. While the score shows a blowout victory, this was not the case as it was a 1-0 game through four innings, with the first Hawk run coming in the first inning.

Kimball-Rhines was throwing a top notch game, but Morgan Hall was there every step of the way until the fifth inning. She allowed a bloop single to center field, followed by a sacrifice bunt and another single to centerfield. An errant throw sent home a run to make it 2-0 and

back-to-back RBI singles made it a 4-0 game.

In the top of the sixth, Hall got into another jam and Kelley Allen came in as a reliever. The momentum of the Hawks continued and Hopkinton manufactured four more runs in the inning.

In the bottom of the seventh, Gates reached

on the first hit of the game. Becca Fleming stepped up and ripped a hard line drive but it was right at the shortstop, which caught Gates off first for a double play. Allen took a pitch and smashed it to centerfield and a wild pitch got her to third. Kimball-Rhines ended the game with

a strikeout to send the Hawks to the finals.

Coach Bill Clary acknowledged that the team's defense was a problem in the loss, saying that Hall pitched well for his squad but the Red Raiders made four costly errors. He also gave Hopkinton credit, say-

SEE **SOFTBALL**, PAGE B10

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BOB MARTIN

Aubrey St. Onge is graduating at the end of the school year. She has been the starting pitcher for Winnisquam the past two seasons.



BOB MARTIN

Mark Dawalga went 8-8 in his first season as head coach for the Winnisquam Bears.

Dawalga pleased with Bears softball season

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam softball team had its ups and downs in the first season under coach Mark Dawalga with an 8-8 record, but the Bears' skipper felt that this was a very good year with an excellent group of athletes.

"Being a first year coach, I really could not have asked for a better group of play-

ers," said Dawalga. "They really stuck together."

The team started off the season hot with six-straight wins, but the Bears cooled off considerably with only two wins the rest of the season. At one point, the Bears lost six-straight games, but it is important to note that Winnisquam played six games in a week, including a doubleheader against the

always tough White Mountains Spartans.

Big wins came against Franklin to end the season by a score of 9-6, in a battle of rival schools separated by only a few miles. The 5-4 win over Conant in the third game of the season was also a gutsy win over a tournament team that Dawalga took pride in.

Leading the way offensively this year for the Bears was Carly

Catty, who had a batting average of .780 and as the team's leader on nearly every offensive category. She also played great shortstop and did a great job at the top of the order for the Bears.

"We moved Carly to the leadoff spot this year where she really excelled setting the table for us," said Dawalga.

Ashley Deshaies was all over the dia-

mond this year. She played first base, third base, outfield and also pitched at times for the Bears. At the plate she was a force with a .560 batting average.

"Ashley had a great year for us," said Dawalga.

Chloe Colarusso made the transition to center field after playing first base last season. She was impressive in the field for the Bears with Dawalga

saying her glove was "standout." She also batted .460 and led the team with five triples.

The team loses one senior in Aubrey St. Onge, who has been the team's starting pitcher for the past two years. Dawalga said it is a big hole to fill as she has been relied for innings, and that the team will look for someone to step up next spring to pitch.

Winnisquam baseball wraps up playoff season

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam baseball team had a 6-11 record on the season and lost in the opening round of the playoffs to eventual runner up Hopkinton, but coach Fred Caruso knows that this Bears team was just a few plays away from a much better record.

"We were in most

games," said Caruso. "Our record could have easily been reversed with a couple hits here and there."

Winnisquam lost six games by a total of eight runs, and the Bears had either the tying or tying and winning runs on base in every one of those games. This is something that the Bears will look to reverse next season, and

Caruso hopes the team can build on the success that it did have as a 13 seed in the playoffs.

Standout players included Michael Allard, who had a .465 batting average and was also 3-2 on the hill for the Bears. Phil Nichols also had a fantastic season, with a 1.61 ERA. It was run support that hurt the Bears in his starts, however, as he posted a deceiving 3-5

record. Caruso also commended Garret Mango, Evan Judkins and Addam Dunham for solid years.

Caruso believes the team has a strong core coming back next season, led by Allard, Nichols and Mango, as well as a "return-to-form" Jack Beaulieu, who struggled at times this season. Caruso added the entire pitching staff

will be back next season and there are some JV players ready to take the leap.

Caruso also praised the work of his senior group this season, saying they were "a hard working group of kids."

"Two of them, Evan Judkins and Patrick Welch, hadn't played for years," said Caruso. "Even stepped in at first base and didn't miss a

beat. Patrick was a great teammate. Dante Gentile was a rock behind the plate, throwing out over 60 percent of runners trying to steal. Andrew McKinnon was solid in the leadoff spot and Addam Dunham was .300 much of the year. Sam Wood and Hunter Finemore were ready every time we called on them."

World Championships in Heavy Athletics to highlight N.H. Highland Games

LINCOLN — World-class athletes are set to wow the crowd with feats of strength and agility when they take to the field at Loon Mountain Resort Sept. 20-22 for the 44th New Hampshire Highland Games and Festival.

A celebration of the culture and heritage of Scotland where attendees can enjoy Scottish music, dance, food, and fun, this year's games feature the Scottish Highland Games World Championship in Heavy Athletics, with top com-

petitors traveling to New Hampshire from Scotland and beyond to test their mettle in a variety of strong-man events. The number one heavy athletics champion in the United States and winner of the 2018 New Hampshire Games competition, Chuck Kasson, is expected to compete this year as well.

A favorite of spectators, the heavy athletics championship features such Highland events as the caber toss, hammer throw, and other tradi-

tional events.

Pageantry, music, dance, traditional Highland skills, beer and whisky tastings, and historical reenactment are all fun components of the festive weekend in New Hampshire's White Mountains, and the New Hampshire Highland Games are considered the largest gathering of Scottish clans in the Northeast.

With the theme, "Discover Scotland—No Passport Required," the 44th New Hampshire Highland Games are

open to the public. Tickets may be obtained online at www.nhscot.org. Reduced ticket prices are available through June 30.

The festival also offers the opportunity to experience living history, as historic enactors, The Historic Highlanders, show and tell what everyday life was like in the Scottish Highlands from the 14th through 18th centuries.

Tickets are available online at www.nhscot.org or at the gate. Discounted tickets are

available through June 30. Children 14 and younger are admitted free with a paying adult.

Some special events require an additional admission ticket. Tickets for special meals, tastings, concerts, and other special events are available at www.nhscot.org. Additional information can also be found on the New Hampshire Highland Games Facebook page at www.facebook.com/NHHHighlandGames/.

The event is held rain or shine. Pets are not

allowed on the grounds or in vehicles. Service dogs are admitted.

The New Hampshire Highland Games are presented by NHSCOT, a non-profit corporation dedicated to preserving and promoting Scottish culture for future generations. NHSCOT advances its mission through NHSCOT Fund grants and scholarships. More information is available by calling 229-1975, e-mailing info@nhscot.org, or visiting www.nhscot.org.

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Summer in the air at Gunstock Mountain Resort

GILFORD — It's summer in the Lakes Region and Gunstock Mountain Resort is open and ready for fun in the sun. If you're looking for a family-fun adventure, or a cozy couples retreat, Gunstock has something for you.

Camping at Gunstock

Voted Best of NH 2018 by NH Magazine, Gunstock Mountain Resort's campground puts you in the heart of New Hampshire's Lakes Region, close to the shores of Lake Winnepesaukee. Backed by more than 80 years of camping experience, Gunstock's tradition of catering to recreational families ensures memorable vacations. Relax at your campsite, take in the natural habitat around the resort, get your adrenaline pumping at the Adventure Park, elevate your mood during yoga, or participate in a guided hike. Campers receive 25 percent off packages. The campground is open daily.

Gunstock

Adventure Park

Come see why Gunstock was voted Best of NH 2018 and 2019 for Best Summer Attraction Lakes Region. At Gunstock Adventure Park, they believe you can fly. Reach speeds of

up to 65 mph on the Zip Tour. Swing, soar, and climb through the treetops in the largest aerial obstacle course in New England. Lay off the brakes and let it rip as you experience the thrill of the fast and winding Mountain Coaster. Take in panoramic views of Lake Winnepesaukee on a scenic lift ride, or explore the expansive cross country terrain on an award-winning off-road Segway tour. The Adventure Park is open Saturdays and Sundays at 10 a.m. Starting June 22, the Adventure Park will be open daily. Reserve your premium adventure in advance online or by calling 293-4341.

Mountaintop Yoga

Back by popular demand, Mountaintop Yoga is running on both Saturday and Sundays at 9 a.m. Enjoy a peaceful chairlift ride to the summit in the fresh morning air. Take in the majestic views of Lake Winnepesaukee and surrounding mountains while breathing, moving and meditating. Geared toward beginners, this class is all about elevating your mood and improving your flexibility in a beautiful, natural setting.

Mountain Sports



Enjoy the summer months at Gunstock Mountain Resort.

COURTESY PHOTO

Guided Hikes

There are hundreds of hikeable acres around the resort. Gunstock's guides can introduce you, your family and your loved ones to some of the best gems on the trails. From historical sites to local flora and fauna, they will share their knowledge with you to bring your hiking excursions to the next level. Beginner and intermediate hikes and summit traverse hikes are pre-scheduled. Pri-

ate hikes are available by reservation.

Located in Gilford and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest winter and summer recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 55 al-

pine ski trails, plus 32 miles of Nordic skiing, fat bike, and snowshoe trails. Gunstock claims New England's largest aerial obstacle course with 91 challenging elements, more than 1.6 miles of high-adrenaline ZipTour™ zip lines, off-road Segway tours, and the 4,100-foot Mountain Coaster. Gunstock's campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all

ages when they stay and play at the mountain. Gunstock also plays host to a growing number of events, such as the BY-ODC Pond Skim, Gunstock Hillclimb, Gunstock Mountain Brew and BBQ, and Soulfest. For additional information, please visit www.gunstock.com, www.facebook.com/gunstockmtn, www.instagram.com/gunstockmtn or www.twitter.com/gunstockmtn.

New chapter of racing has begun at NHMS

LOUDON — New England's newest race track in 25 years, The Flat Track, is officially open Thursday after a ribbon-cutting ceremony with N.H. Governor Chris Sununu during the Laconia Motorcycle Week kick-off event at the North East Motor Sports Museum. The 0.25-mile dirt track, located behind the museum, is New Hampshire Motor Speedway's newest racing surface, which will host its first event featuring American Flat Track, "America's Original Extreme Sport," on June 15.

Governor Chris Sununu spoke about how Laconia Motorcycle Week is a great source of pride for the state of New Hampshire and shared in the anticipation of the new event.

"I've never seen a flat track race, and I'm actually quite excited to see that," said Sununu. "I

watched it on YouTube last night, and it's crazy. It's like the hill climb — it's a little bit nuts."

Joining Sununu were other speakers, state and town officials, Cynthia Makris, Jennifer Anderson and Charlie St. Clair from the Laconia Motorcycle Week Association and American Flat Track rider Cameron Smith.

McGrath, along with 19-year-old Smith, spoke about the excitement this new event brings to New Hampshire Motor Speedway.

"Less than a year ago, we met with the folks from American Flat Track, and we sat out in this gravel parking lot," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "The wonderful team at New Hampshire Motor Speedway worked tirelessly so they could get this track built,

and last night, they were here until almost 10 o'clock working on the finishing touches. We are so proud to add this electrifying new event to the already iconic Laconia Motorcycle Week, and we can't wait to see the bikes kicking up the dirt next weekend."

After the ribbon-cutting ceremony, Smith did a lap on the track, marking the first time a motorcycle has taken laps on the new Flat Track.

"I'm just excited to come here and put on the first flat track race for you guys," said Smith. "This track is small, so there's definitely going to be very close racing. It's going to be a good show for the fans. I can't wait to get back on the track next weekend."

Known as the fastest-growing sport on two wheels, AFT has added multiple new venues to its 2019 schedule, in-

cluding the all new Flat Track, to accommodate its growing fan base. With more than three million viewers tuning into the sport in 2018, AFT plans to capitalize on the partnership with NHMS to further this momentum, starting with the inaugural Laconia Short Track presented by Russ Brown Motorcycle Attorneys event put on by AFT.

The Flat Track's first event will be held during Laconia Motorcycle Week on Saturday, June 15. Race fans have a new reason to enjoy the thrill of racing in Loudon, as so much bar-banging, tire-rubbing action will be packed onto The Flat Track when these pro riders enter the arena.

General admission and VIP tickets for the Laconia Short Track presented by Russ Brown Motorcycle Attorneys are available on AmericanFlatTrack.com.

The race will also be streamed live on FansChoice.TV and broadcast on NBCSN on Sunday, June 23, at 2:30 p.m.

The Flat Track is the fourth racing surface to be added to New Hampshire Motor Speedway, which already includes the famed 1.058-mile NASCAR oval, 1.6-mile road course and a 0.25-mile mini-oval.

In addition to the new Laconia Short Track presented by Russ Brown Motorcycle Attorneys event (June 15), the speedway will host other on-track racing events throughout the week including the 96th annual Loudon Classic (June 16), the longest-running motorcycle race in the United States, plus all new camping options, Harley-Davidson, Indian and Yamaha demo rides (June 10-15), a vendor mall and a plethora of entertainment, making the speedway the home

base for riders visiting Laconia Motorcycle Week.

Motorcycle Week at NHMS officially got under way on Saturday, June 8, and is a top destination for riders during Laconia Motorcycle Week, which runs through Sunday, June 16.

For a full schedule of NHMS's Motorcycle Week events, visit: NHMS.com/Events/Motorcycle-Week/Schedule or download a PDF version.

For ticket information for events at New Hampshire Motor Speedway, including the June 8-16 Motorcycle Week at NHMS, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway web site at NHMS.com or call Fan Relations at 783-4931.

Panther Volleyball Camp coming in July

PLYMOUTH — Plymouth State University head women's volleyball coach Joan Forge and the PSU volleyball team will be hosting Panther Volleyball Day Camp July 22 - 25. This camp will feature two sessions. Panther Camp One is 9 a.m.-noon for girls entering the fifth through eighth grade and is designed for beginner to

intermediate players. Players will have fun while learning the basic fundamental skills, rules and strategies to be successful playing the sport of volleyball. Panther Camp Two is 1-5 p.m. for girls entering ninth through 12th grade and is designed for beginner, intermediate and advance players who want to play and excel

at the high school level. The players will be challenged with improving their basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transition and concepts of team play. For information, please contact Joan Forge at jc-forge@plymouth.edu or call 387-1202.

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PROPERTY TOURS: Tuesday, June 4th from 9:00 a.m. to 11:00 a.m., Tuesday, June 11th from 4:00 p.m. to 6:00 p.m., and one hour prior to the auction.

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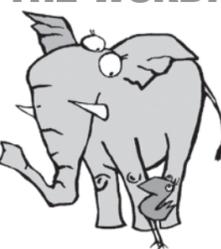
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(August through November)

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Plymouth, NH 03264
jflynn@pemibaker.org



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Water Operator

The Tilton-Northfield Water District is accepting applications for a full time permanent Water Operator position. The position will perform skilled and semi-skilled work involving the operations and maintenance of a water treatment and water distribution system. Position requires a current New Hampshire driver's license, ability to lift 80 lbs., heavy equipment operating experience; being able to respond to emergencies, be on a rotating on-call schedule and live within 15 minutes of the District. Overtime is required.

Minimum qualifications include a high school diploma or GED; possession of a NHDES Grade 1 Water Treatment and Grade 1 Distribution License (or must be willing to obtain these licenses within the first year of employment).

The Tilton-Northfield Water District offers a competitive hourly rate and benefits package. Please send letter of introduction with resume and references to: Tilton & Northfield Aqueduct Co., Inc. 14 Academy Street Tilton, NH 03276. Or you may pick up an application at the office.

The successful applicant will be required to pass a background check, a DMV check and a drug test. EOE/ADA/AA



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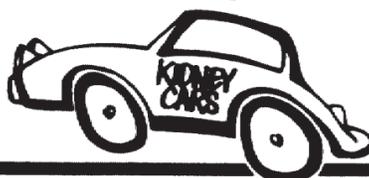


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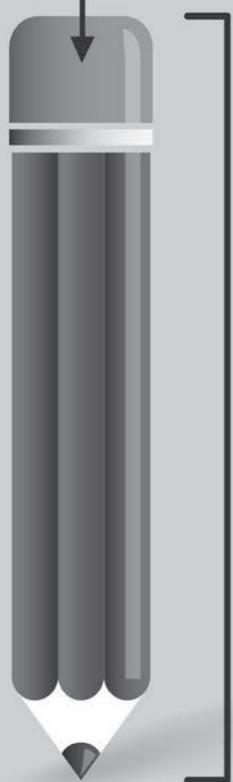
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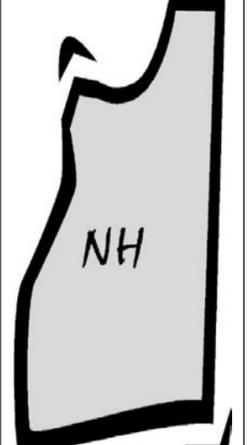
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BASEBALL

CONTINUED FROM PAGE B1 when it mattered. This was still the case with Belmont against Hopkinton, as coach Matt Leblanc prided in the fact that no matter adversity what they were facing, his team never backed down.

“Obviously we fell short of our goal, but I think what you saw there especially toward the end was a microcosm of our season in that we are really never out of everything,” said Leblanc. “We can take a punch and we can certainly deliver

one back. We had some opportunities we didn’t capitalize on, and we had a lot of momentum that last inning, but it is too bad it didn’t happen earlier.”

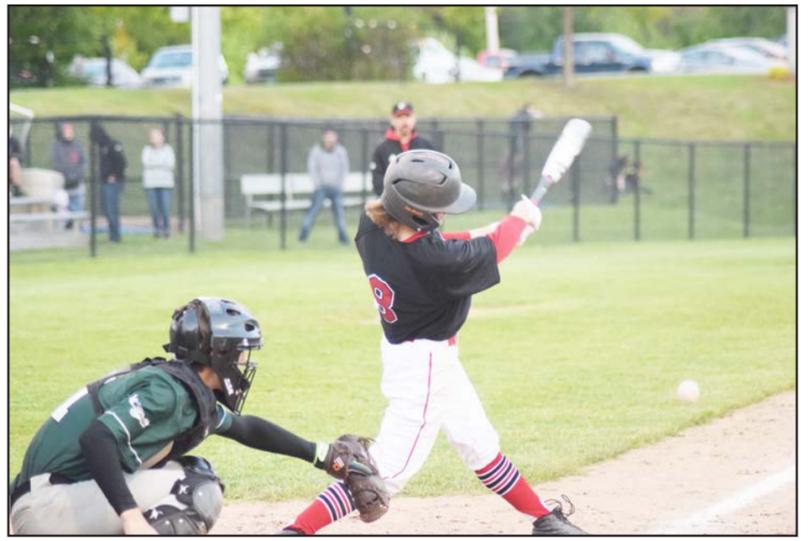
Auclair took the loss but Leblanc felt that he “pitched his heart out against a very good team.” He pitched all seven innings allowing six hits, one earned run and one walk while striking out one batter.

“He kept them at bay,” said Leblanc. “They really didn’t do much against him.”

Leblanc was happy with the play of Brown,

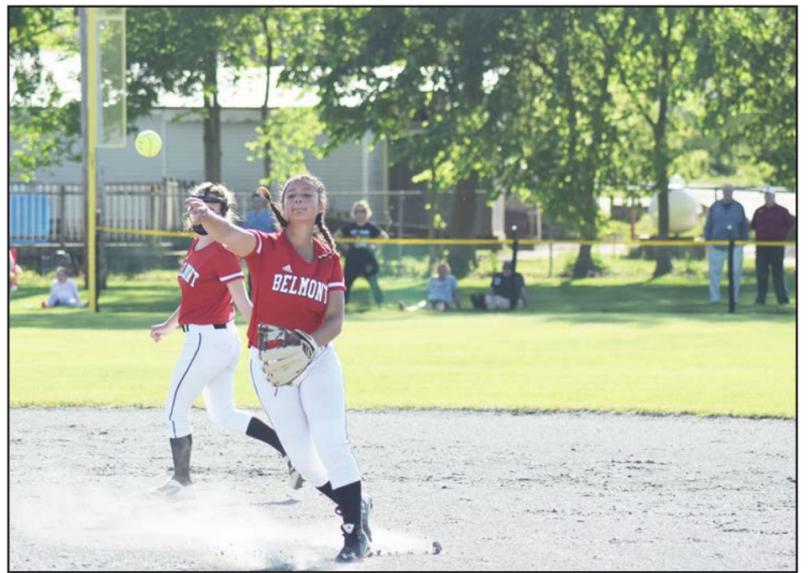
who not only had two doubles but played some outstanding shortstop. He also said Embree showed why he is known as one of the division’s top players.

“Every senior at some point contributed something positive,” said Leblanc. “Embree playing great, (Austin) Didsbury with a nice throw to home, Cam blocking balls and just being Cam, Colby with those big hits and big plays. They did what they could to will us to win but we just fell short.”



BOB MARTIN

Griffin Embree slaps a ball down the third base line last week in the Division 3 semifinals.



BOB MARTIN

Julianna Estremera throws out a runner at first on a bang-bang play at shortstop.

SOFTBALL

CONTINUED FROM PAGE B1 ing that they played a great game. He knew going into the game it was going to be a fairly even matchup, but the Hawks simply played better in the semifinals. The

Hawks went on to win the state title and Clary said “it was nice to see the underdogs win.”

“We really only had two bad innings, misplaying a couple of bunts and some errors cost us runs,” said Clary. “I

pride ourselves in playing extremely defense, but this was maybe our worst defensive game in the past two years. But I didn’t think we were ever out of it either.”

The Red Raiders finished the season 15-4.



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