

## Marilyn Manson possibly close to agreement on Gilford warrant

BY ERIN PLUMMER  
mnews@salmonpress.news

Arrangements are being made for Marilyn Manson to turn himself in on a warrant with the Gilford Police Department on charges filed after an alleged incident at Bank of NH Pavilion in 2019.

Gilford Police chief Anthony Bean Burpee issued a statement say-

ing an agreement was in the works for Manson (real name Brian Hugh Warner) to turn himself in in Los Angeles where he will likely be arraigned.

A warrant was issued on Oct. 8, 2019, for two counts of Class A Misdemeanor Simple Assault stemming from a concert at Bank of New

Hampshire Pavilion on Aug. 18, 2019, when Manson allegedly spit on a videographer in the pit area of the concert. Bean Burpee said the videographer filed a complaint with police the day after the show. After an investigation over the course of a few months, probable cause was found to issue an arrest warrant.

Since then Bean Burpee said they hadn't heard from Manson or his attorneys. The department posted about the warrant on social media in May.

Bean Burpee said the department's in house

prosecutor has since reached an agreement with Manson's attorney in Los Angeles and has spoken with a detective at the Los Angeles Police Department for the next steps.

According to the agreement the warrant will be sent to the LAPD, who will work with Manson's attorney to arrange a time for him to turn himself into the LAPD to be booked and processed. After turning himself in, he will be given an initial appearance date in NH District Court.

It's likely Manson

will not have to return to New Hampshire for the initial arraignment.

Bean Burpee said if Manson turns himself in within the next few weeks he will likely have an appearance date in mid-August. In one possible scenario Manson and/or his attorney in New Hampshire could waive his appearance and enter a not guilty plea, which would satisfy the arraignment process with a future court date set. In another scenario the court in Los Angeles could cancel the appearance and schedule a "case status

hearing" going with COVID-19 protocols.

The charges would carry a sentence of less than one year in prison and a \$2,000 fine.

Bean Burpee said Manson's attorney in New Hampshire could ask the court to seal the arrest warrant affidavit so it won't be available to the public and the media before the court process. He said the attorney has already indicated plans to do so.

"From there - we wait to see how the Court then handles the matter as there may be a plea

SEE **MANSON** PAGE 7

## Locals earn softball All-State honors



PHOTO BY JOSHUA SPAULDING

Ella Harris was named Division III First Team All-State.

BY JOSHUA SPAULDING  
Sports Editor

REGION — The New Hampshire Softball Coaches Association recently released the All-State teams for the recently-concluded high school season.

In Division III, First Team honors went to Ella Harris of Gilford, Jaiden McKenna earned Second Team honors and Madelyn McKenna was named Honorable Mention.

Joining Harris on the First Team were Makenna Balderrama of Berlin, Ami Rivera of Bishop Brady, Riley Gamache of Campbell, Mylie Aho of Conant, Morgan Hall of Belmont, Emma Griffin of Winnisquam, Megan Kimball-Rines of Hopkinton, Leah St. John of Mascenic, Grace LeClair of Monadnock, Ella Bernier of Prospect Mountain, Rylee Page of Somersworth, Ashleigh von der Linden of St. Thomas, Kiera Gilman of Trinity, Madison Perry of Newfound and Lexus McIntosh of White Mountains.

Kimball-Rines and Rivera were named Division III Co-Players of the Year and Dutch Stauffeneker of Mascenic was named Coach of the Year.

Joining Jaiden McKenna with Second Team honors were Jill Hallee of Berlin, Isabella Rivera of Bishop Brady, Alexa Robert of Campbell, Tessa Spingola of Conant, Becca Fleming of Belmont, Rebecca Kulengosky of Winnisquam, Maddie Carmichael of Hopkinton, Katalina Davis of Mascenic, Paige Beede of Monadnock, Mackenzie Renner of Prospect Mountain, Morgan Williams of Somersworth, Elizabeth Flynn of St. Thomas, Emma Service of Trinity, Tiffany Doan of Newfound and Nicole Gross of White Mountains.

Also earning Honorable Mention with Madelyn McKenna were Grace Bradley of Berlin, Jayden Johnson of Bishop Brady, Chloe Steniger and Emily Cooper of Campbell, Graecen Kirby of Conant, Kara Stephens and Savannah Perkins of Belmont, Lily Auger of Winnisquam, Maddy Follansbee and Keegan St. Cyr of Hopkinton Lilly Simpson of Inter-Lakes, Lila Buxton of Mascenic, Madison Swett

SEE **HONORS** PAGE 7

## 4th of July Craft Fair at Gunstock July 3-4

Celebrate the Fourth of July at the fabulous 4th of July Craft Fair at Gunstock Mountain Resort on July 3-4! Hours will be Saturday and Sunday 10 a.m. to 5 p.m. both days.

There will be over 80 exhibitors with an array of interesting arts and crafts including chainsaw wood carvings by Elise who will be demoing her chainsaw wood talents both days! Some of the oth-

SEE **CRAFT FAIR** PAGE 7



COURTESY PHOTO

Celebrate the Fourth of July at the fabulous 4th of July Craft Fair at Gunstock Mountain Resort on July 3-4!

## GPL Summer Reading Program underway



COURTESY PHOTO

Gladys Clausen entertains people of all ages at the kickoff for the Gilford Public Library's Summer Reading Program. From the Gilford Public Library Facebook Page.

BY ERIN PLUMMER  
mnews@salmonpress.news

Summer reading is well underway at the Gilford Public Library and kids, teens, and adults are welcome to sign up and potentially get some prizes for reading this summer.

This year's national Summer Reading Program is "Tails and Takes" focusing on animals and wildlife. The program kicked off at the Gilford Library on June 23 featuring a performance by flamenco dancer Gladys Clau-

SEE **READING** PAGE 7

## GYC seeking volunteers for service project

BY ERIN PLUMMER  
mnews@salmonpress.news

The Gilford Youth Center is seeking volunteers for their annual community service project, this year helping fix up the property for a local senior citizen.

The GYC's One Community project is scheduled for July 12-15 and is seeking volunteers from elementary school kids through adults for the project.

The project started in 2011 as the Gilford Community Church's "Christ Quest" before becoming

the ONE Community Project through the GYC.

"The "One Community Project" (OCP) started in 2011 as local community service event for kids," read the GYC website. "The focus of the event is to provide local children the opportunity to MAKE A DIFFERENCE in our community by helping a fellow neighbor. Over the years, we have painted and landscaped 9 homes, worked at the town fields, town beach, the Gilford Youth Center, and Gilford Community Church."

This year's project

will be at 88 Watson Road at the home of an elderly man that is in need of repairs to the house and the yard. The project will focus on cleaning up the yard including removing a lot of brush, mulching, flower planting, cleaning and staining the deck, fixing the front porch and door, painting parts of the house, and many other tasks.

The project is looking for people of all ages and it can be used for community service hours. The project will take place Monday, July 12, through Thursday, July 15. Partic-

ipants are asked to register and can sign up for one day or all four days. The project will run from 10 a.m.-2 p.m. each day for adults and students in middle or high school and college. Elementary school kids can participate from 12-2 p.m.

Participants are asked to bring working clothes, work gloves, closed toed shoes, a water bottle, and sunscreen. Lunch will be provided each day.

For more information and to register visit <http://www.gilfordyouthcenter.com/onecommunityproject.html>



# ALMANAC

## Notes from the Gilford Public Library

Notes from the Gilford Public Library

Classes and Special Events

July 1-July 8  
Thursday, July 1  
Geri Fit, 9-10 a.m.  
Teen Tie Dye Week,  
10 a.m.-4 p.m.

Craft: Pony Bead Pets,  
10:30-11:30 a.m.

Learn how to make  
your own animal friend  
using pony beads! Sign-

up is required.  
Sensational Salads  
for your BBQ (Virtual),  
1 p.m.

Learn how to make  
your salad the star of  
the show for the holiday  
from Annie from Annie's  
Cafe & Catering. Tune in  
on FB and never make a  
boring salad again!

French, 4-5 p.m.

Trivia Night: Parking  
Lot Puzzlers, 5:30-7 p.m.  
Join us the first

Thursday of each summer month for Parking Lot Puzzlers, a trivia night hosted by Hayden, your tech librarian! The game will last a little over an hour and will cover a broad range of topics including history, geography, sports, music, movies, and word play, just to name a few. Bring a team of two to eight players, maybe a snack, and come pull up a table in our lower parking lot. All ages are welcome, but the game is best suited for the parents. Prizes will be awarded and bragging rights are up for grabs!

Friday, July 2  
Teen Tie Dye Week,  
10 a.m.-4 p.m.

Bridge / Hand & Foot,  
10:30 a.m.-12:30 p.m.

Storytime with Pets,  
10:30-11 a.m.

Hand & Foot, 12:30-2:30 p.m.

Knit Wits, 1:30-2:30

p.m.  
Advanced Conversational German, 2:30 p.m.  
Lower Intermediate Line Dancing, 4-5 p.m.

Monday, July 5th  
Closed for Independence Day

Tuesday, July 6  
T(w)een Minecraft Challenge Week #1

Teens & Tweens that maybe cannot access the library Summer Reading Program during the week can still participate from home. Hayden is launching Minecraft Creative Challenges each week in July. Check in each Friday on our Facebook Page or Discord Channel to see the new week's contest. If you have access to Minecraft, feel free to play along at home. Submissions for each week will receive entries into a raffle at the end of the month! This is Week #1

of the challenges.

Geri Fit, 9-10 a.m.  
Bridge, 10:30-11:30 a.m.  
Line Dancing-Lower Intermediate, 4-5 p.m.

Wednesday, July 7  
T(w)een Minecraft Challenge Week #1  
Village Walk, 9:30-10:30 a.m.

Meet at the library for a refreshing walk to the village with old friends or meet a new one. Coffee will be served afterwards at the library!

Check out an Expert, 10 a.m.-12 p.m.

Storytime at the Beach, 11:30 a.m.-12 p.m.

Bring your lunch and your beach blanket and join us for a fun storytime! Must be a Gilford resident.

Mental Wellness Wednesday (Virtual), 1 p.m.

Thursday, July 8  
Geri Fit, 9-10 a.m.

Luxor Egypt Live Tour, 1-2 p.m.

Egypt Live Virtual Tour. Join us for this once-in-a-lifetime, live, one-hour walking tour of timeless Egypt. Interact with our own personal tour guide as they bring us through the massive Luxor Temple. Please join us in person, here at the library, or join virtually.

Squam Lakes Nature Science Center presents: Tail Tales, 1:30-2:30 p.m.

No Two Tails Alike - An animal's tail can serve as a rudder when swimming, help with agility during flight, or can even function like an extra hand. Meet live native wildlife ambassadors as a naturalist from Squam Lakes Natural Science Center tells tales of the tails of some of New Hampshire's native wildlife.

French, 4-5 p.m.

## Gilford Public Library Top Ten Requests

1. The President's Daughter by Bill Clinton
2. Choose Me by Tess Gerritsen
3. 21st Birthday by James Patterson
4. Golden Girl by Elin Hilderbrand
5. The Four Winds by Kristin Hannah
6. Ocean Prey by John Sandford
7. Legacy by Nora Roberts
8. Sooley by John Grisham
9. The Red Book by James Patterson
10. Jackpot by Stuart Woods



COURTESY

Ebenezer Scrooge from a 2017 production of "A Christmas Carol: The Musical Ghost Story."

## Powerhouse announces auditions for "A Christmas Carol!"

LACONIA — Powerhouse Theatre Collaborative is pleased to announce the first open auditions for an opportunity to be in one of its productions on the Colonial Theatre stage! Beginning now through June 15, Powerhouse Theatre Collaborative is accepting video submissions from adults for Joel Mercier's "A Christmas Carol: The Musical Ghost Story." Produced in conjunction with NCCA at Jean's Playhouse, we look forward to the 2021 production being an annual tradition of bringing the beloved Dickens' classic to the Lakes Region.

Directed by Mercier and featuring his original music and lyrics, there are roles for 20-25 adults and 10-15 children. Three of the adult roles are dancing phantoms and perfect for people who love to dance. Auditions for the children will take place at

the end of August. Says Mercier, "This production is the true definition of an ensemble cast. Everyone has a lot to do, and everyone plays a specific character in the ensemble, while also doubling as traditional characters in the story, such as Fezziwig, the School Master, Mrs. Dilber, Old Joe, etc."

According to Powerhouse Producer Bryan Halperin, "We can't wait to get auditions started for Powerhouse's 2021 Colonial Series. We are thrilled to partner with Joel and NCCA on this exciting production and hope it will become a mainstay of the Lakes Region's holiday festivities." Powerhouse's Colonial Series is sponsored by Taylor Community and RE/Max Bay-side.

This adaptation has been seen previously in Concord and Lincoln, most recently in 2018. All roles are open with the

exception of Ebenezer Scrooge who will once again be played by the venerable John Conlon.

"What a lot of people don't realize is that before Dickens published 'A Christmas Carol,' Christmas was not lavishly celebrated by the lower and middle classes. This story literally changed their view of the holiday, and that tradition stuck. I can't think of a better and more influential story to celebrate as an annual musical," says Mercier.

Rehearsals will begin in late October and performance dates are scheduled for Dec. 17-19. All information about the production and what to include in your video submission can be found at <https://www.belknapmill.org/powerhouse-auditions>.

Not a singer or dancer, but can't wait to get on the Colonial stage? Powerhouse's other fall production, Thornton

Wilder's "Our Town" scheduled for November, will begin auditions at the end of August.

Says Halperin, "We will have a busy fall, but we will be scheduling rehearsals to make sure that people can participate in both shows if they are cast."

Powerhouse Theatre Collaborative's 2021 season is generously sponsored by Spectacle Live. "A Christmas Carol" is sponsored by Lakes Region Fence, Melcher & Prescott Insurance and Misiasek Turpin PLLC Architecture and Planning. For more details on Powerhouse and all the programs at the Belknap Mill or to find out how to become a sponsor, visit [www.belknapmill.org](http://www.belknapmill.org) or email [powerhouse@belknapmill.org](mailto:powerhouse@belknapmill.org). For information on NCCA at Jean's Playhouse go to [www.jeansplayhouse.com](http://www.jeansplayhouse.com).



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# Belknap Mill Invites Families to the Park!

LACONIA - Beginning Friday, July 2, the Belknap Mill will kick off its third year of “Kids in the Park,” a family summer program series. “Kids in the Park” offers fun learning opportunities in Rotary Riverside Park for children and families each Monday, Wednesday, and Friday beginning at 10:30 a.m. throughout the month of July. The full calendar of events and times can be found on the Mill’s website at: [www.belknap-mill.org/kidsinthepark](http://www.belknap-mill.org/kidsinthepark). This year’s “Kids in the Park” program is generously sponsored by Helping Hands Thrift Store, Laconia Kiwanis, and the Bank of New Hampshire.

“Partnering with local businesses and organizations to provide high quality, engaging and fun programming for our community is always our primary goal. We are grateful for the support from our sponsors,” commented Tara Shore, the Mill’s Program & Operations Manager. Families are invited to enjoy learning about night creatures from Squam Lake Science Center, a puppet show with CactusHead Puppets, and the whimsical musical sounds of Mr. Aaron. The Winnepesaukee Muskrats will be looking for friends to play catch, Downtown Gym will give everyone a great workout and then wind down with a

relaxing yoga session with Miss Cassie. Kiwanis C.A.R.E.S will read stories about pets and be prepared for a special guest! Petals in the Pines returns again this year for fairy house building, and the Laconia Conservation Commission will share fun activities to help us understand how to conserve resources and why it is important that we do! SubZero Nitrogen Ice Cream will conclude our programming. There will be painting ducks on “Duck Day” for an upcoming Community Art Exhibit at the Riverside Duck Derby in October and finally the Mill will be hosting a Christmas in July Party with



COURTESY PHOTO

Beginning Friday, July 2, the Belknap Mill will kick off its third year of “Kids in the Park,” a family summer program series. snow cones! Don’t want to miss anything? Check out our website for the full schedule! See you in the park!

# Altrusa supports local restaurants and offers valuable savings with Taste of the Lakes Region Coupon Book



COURTESY PHOTO

Altrusa International of Laconia has launched the first ever Taste of the Lakes Region Coupon Book, which features great deals from 21 of the area’s most loved restaurants. LACONIA - Altrusa International of Laconia has launched the first ever Taste of the Lakes Region Coupon Book,

which features great deals from 21 of the area’s most loved restaurants. For 30 years, Altrusa International of Laconia has hosted its annual signature fundraiser, Taste of the Lakes Region, where ticketholders could spend the afternoon sampling local

restaurant specialties. The in-person event had to be cancelled this year due to coronavirus concerns, but The Taste of the Lakes Region Coupon Book continues the tradition by highlighting some of the area’s most popular restaurants while offering diners significant savings.

The coupon book is being sold for \$20 and offers generous restaurants deals of up to a \$200 value. Coupon books are available for purchase online via PayPal at [www.Altrusa-LaconiaNH.org](http://www.Altrusa-LaconiaNH.org). They can also be picked up at: Hermit Woods Winery, Giuseppe’s Ristorante, Winnisquam Printing, The Cooling Rack or Franklin Savings Bank (Gilford Branch). In-person payment is by cash or check only. Altrusa is a non-profit organization with a proud history of community service in the Lakes Region. 100% of the proceeds from this fundraiser will be returned to the community through our various scholarships, literacy projects and more. For more information about Altrusa, please visit [www.AltrusaLaconiaNH.org](http://www.AltrusaLaconiaNH.org) or “Like” us on Facebook to keep up with our latest events

and service projects. We thank you for your support and hope you enjoy the best Taste of the Lakes Region!



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COURTESY PHOTO

Duck in training checking out the Falls.

## Countdown is on for 4th of July Rubber Duckie Race

MEREDITH - Countdown to the annual Meredith Lions Club Rubber Duckie Race is on. The race is held on July 4 at Hesky Park in Meredith. Almost 3,500 little duckies will tumble down Mill Falls, under Route 3, and travel under the footbridge to the finish line. The first 28 ducks through are prize winners. First prize is \$1,000, second prize is \$550, third prize is \$300, fourth prize is \$200, and fifth prize is \$100. The other 23 prizes consist of gift certificates donated by local businesses. Tickets are one for \$5 and five for \$20. Look for members at the pavilion on the Fourth for tickets. The club will also be selling t-shirts and novelties. The proceeds go back into the community in eyeglasses, hearing aids, food, hygiene products, scholarships and other needs. The club is looking for assistance from 3:30 p.m. until 5 p.m. to help with the race. If you are over 21 and don’t mind getting wet the racecourse and duck collection needs your help. It’s a great way to cool off on a usually hot day. For more details contact Lion Bob at 603-527-8114.

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# What would Barry say?

When sitting down to write this Editorial, this Editor had heavy on her mind her old mentor from the radio days, Barry Lunderville who has since passed on, or as he called it “taking a dirt nap”. Barry owned radio stations in NH and worked for CBS out of Boston. He was especially great to talk to when discussing small town politics and joked, “Well between us girls,” During one particular time of discord, he passed this poem along and it is one that is read often, especially when thinking, “What would Barry say?”

## “If” by Rudyard Kipling

“If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt  
you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don’t deal in lies,  
Or being hated, don’t give way to hating,  
And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your  
master;  
If you can think—and not make thoughts your  
aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you’ve spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build ’em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds’ worth of distance run,  
Yours is the Earth and everything that’s in it.”  
And—which is more—you’ll be a Man, my son!

# Send us your letters!

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PHOTO BY ERIN PLUMMER

## Red, white, and blue in the village

The stars and stripes fly around the Union Meetinghouse and around Gilford Village, perfect for Fourth of July weekend.

## NORTH COUNTRY NOTEBOOK

# A land in the North, waiting for mistakes



By JOHN HARRIGAN  
COLUMNIST



This before-and-after image shows what was there, and what no longer is—a dramatic change in the lives of legions of North Country residents and visitors who were so used to looking up to the Old Man. (Courtesy oldmanofthemountain-legacy.org)



The first U.S. Postal stamp featuring the Old Man of the Mountain, issued on June 21, 1955, commemorated the 150th anniversary of the “discovery” of the Great Stone Face. (Courtesy Patrick Hummel, NH State Parks)

Most of the time, it’s a pleasure to hear from readers. Some of the time, it’s a heartache, for reasons I’ll explain. I’m going to amalgamate mail here, because it’s easier that way.

Most letters refer to things I’ve written about, including questions or sometimes challenges on facts, and that’s fine. I’ve never said or felt that I know it all. I’ve also felt that I should reply to anyone who cares enough to write. My sign-off is always “Thanks for being a reader.”

It’s when letters ask questions about knowledge and stories being lost by the minute that the heartache comes in. And off we go, into the never-ending land of “I wish.”

+++++

I wish that more people knew about the Foxfire Project, or at least enough two or three generations ago to emulate it, far more widely than it ever was.

On the positive side, Foxfire was indeed emulated here and there around New Hampshire and neighboring states, most often by dedicated teachers who enlisted pupils and students to interview their elders about what life was like in their youth and how things had changed. Unfortunately, the original zeal that fostered these efforts too often sputtered out.

In 1966, English teacher Eliot Wigginton was working with a mix of

grades and classes at the Rabun Gap Nacoochee School in northeastern Georgia, a jumbled region of mountains and hollows, when he began the modest effort that would become the nationally acclaimed Foxfire Project. Thousands of people were caught up and captivated by the project as the school produced a magazine, published a series of books, and inspired a Broadway play. The school is still publishing the magazine.

Most people alive at the time undoubtedly remember the Back to the Land movement, in which thousands of idealistic young people (okay, a local term) sought a simplified lifestyle using basic skills to live from and with the land. The Foxfire story was a natural fit, and its books and magazines could be found in many a rejuvenated old farmhouse, winterized tent, or yurt.

+++++

If I’m representative of people who’ve read all the local and regional history they can find, and listened to a whole lot of stories, the challenge is clear. Who is going to collect this kind of information, sift it for importance and meaning, and keep it where researchers and the just plain curious can find it?

Here are just a few tidbits from my own brief time on the planet:

---Near the turn of the last century, a family staked out a farm in one of the wildest and most distant parts of the territory. When they didn’t appear in the spring for basic provisions—salt, seed, and flour—a search party went out, and found them all dead of apparent typhoid. The party burned the buildings, and today only deep moss indicates an old opening in the woods.

---As the 1950s story goes, a state road crew helped residents dynamite a small cave overlooking the upper Connecticut River, the stated concern being the safety of local children. Ever since settlement times, the cave had been known as a shelter and lookout point for local Abenaki – but looking out for what? Campfire smoke, trappers and traders, other Indians, perhaps the spring run of salmon, nearly 400 miles from the sea? (Atlantic salmon are documented as having reached First Connecticut Lake.)

---In New Hampshire and Vermont, there are two places where natural travel routes through the woods have long

been known as “Captive Trails,” for their use by raiding parties to hustle their captives to Canada for ransom. Has anyone undertaken archaeological digs?

---There is an oft-told story concerning the fall of the Old Man of the Mountain, on May 3, 2003. The accepted explanation was water seepage, seasonal freeze-thaw cycles, and the inexorable tug of gravity. If anything came out about dynamite work nearby, I missed it.

+++++

There is no putting the Old Man back, of course, and the five ledges that formed the profile were bound to fall sooner or later. A look at the famous talus slope at the base of the cliff—famous because there are so few East of the Mississippi—tells you why.

Today, the great plunge and breakup of the Old Man are revealed by mere yellowish tinges atop millennia of debris. Local history and stories from people who are here for just a blink are much harder to capture and comprehend.

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



# Gilford schools start summer learning activities, get ready for next school year

BY ERIN PLUMMER  
mnews@salmonpress.news

The school year is over for Gilford Schools, but preparations are in the works for the coming school year for students, parents, and the district itself.

The last day of school in Gilford was June 21 for students and June 22 for teachers. Even with students out of classes, many students will still have assignments over the summer and the district is already getting ready for the new school year.

Enrollment is open for new students to Gilford Elementary School. Those who wish to enroll their children into GES can do so online at the school's new registration portal <https://gilford.almastart.com>.

New enrollment requires a proof of residency letter (which can be obtained from Gilford town hall), a birth certificate, list of immunizations, and custody or guardian ship paperwork if needed. Photographs or scans of these documents can be sent to [gesoffice@sau73.org](mailto:gesoffice@sau73.org). Contact the school directly at [gesoffice@sau73.org](mailto:gesoffice@sau73.org) or call 524-1661

to make an appointment to submit hard copy documents.

Students at Gilford Middle and High Schools will in grades 6-12 will have summer reading assignments. Each assignment will explore a different theme and students will be asked to write and reflect on how the books they choose reflect the themes.

At Gilford Middle School, summer reading assignments are now available for incoming students in grades 6-8 and incoming ninth graders at Gilford High School. Summer reading assignments and notes for all grades can be found on the GMS website at <https://gms.sau73.org/cms/One.aspx?portalId=3951632&pageId=41370288>.

Gilford High School students will also have summer reading assignments by grade that can be found at [https://docs.google.com/document/d/1aIXB-N\\_EmWV2hEwrk-KV2L\\_53W9sLQrh48QncYRUMm7s/edit](https://docs.google.com/document/d/1aIXB-N_EmWV2hEwrk-KV2L_53W9sLQrh48QncYRUMm7s/edit).

Both GMS and GHS are offering summer academic programs. GMS will hold Summer



PHOTO BY ERIN PLUMMER

Summer vacation just started, but learning will continue through the summer for Gilford students.

Academy and GHS will have different summer enrichment camps. The deadlines to sign up for these have already passed. The GHS camps will follow current COVID-19 guidelines while still offering an opportunity to make friends, learn new skills, and explore their pas-

sions.

The Gilford School Board will also be taking most of the summer off with a few exceptions. The board will meet on July 13 for a goal setting meeting on July 13 at 5 p.m. in the GHS library. The meeting will go over the district's goals before the start of the school year. The next school year is scheduled to officially begin on Sept. 7.

Aug. 2 at 6 p.m. at GHS.

The 2021-2022 school

## Leah Gardner Named to Dean's List at Ithaca College

ITHACA, NY - Ithaca College student Leah Gardner of Gilford was named to the Dean's List for the spring 2021 semester.

Founded in 1892, Ithaca College is a residential college dedicated to building knowledge

and confidence through a continuous cycle of theory, practice and performance. Home to some 5,000 students, the college offers more than 100 degree programs in its schools of Business, Communications, Humanities and Sciences,

Health Sciences and Human Performance, and Music.

Students, faculty and staff at Ithaca College create an active, inclusive community anchored in a keen desire to make a difference in the local community and

the broader world. The college is consistently ranked as one of the nation's top producers of Fulbright scholars, one of the most LGBTQ+ friendly schools in the country, and one of the top 10 colleges in the Northeast.

## State still offering pandemic-related nutritional benefits

BY ERIN PLUMMER  
mnews@salmonpress.news

Families can still receive extra nutritional benefits to offset the costs of meals at home during virtual learning days this past school year.

The Gilford School District posted information on the state's Pandemic-EBT program on its website in early June.

The NH Department of Health and Human Services has extended its Pandemic EBT, or P-EBT, program for families eligible for nutritional benefits to help offset food costs during times school went remote during the 2020-2021 school year. These benefits help offset the cost of meals students had at home because of the pandemic that they normally would eat in school. Eligible families

will receive \$6.82 per student per day to cover remote learning days reported for the 2020-2021 school year by their school district.

Families already receiving SNAP, TANF, and Medicaid benefits and have children enrolled in the National School Lunch Program or have received P-EBT benefits in the past will receive the P-EBT benefits through their accounts. For those who don't have an EBT card, they will receive a pre-loaded P-EBT card in the mail.

Those not receiving any of the above benefits and have students not enrolled in the National School Lunch Program will need to complete an application through DHHS' NH EAST Gateway to Services at

<https://nheasy.nh.gov>.

The EBT cards can be used at any grocery or food store/vendor that displays a sign saying "We accept EBT."

For more information on the state's nutritional benefits programs and the P-ERB program, visit <https://www.dhhs.nh.gov/dfa/foodstamps/index.htm>.

For any questions contact Gilford School District food service di-

rector Jonathan Dupuis at 524-7135.

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**Edward Jones: Financial Focus**

**Declare your financial freedom**

Independence Day is almost here. And as we make progress in moving past the COVID-19 pandemic, more of us will be able to enjoy Fourth of July activities. However you observe the holiday, it's important to recognize all the liberties we enjoy in this country. But you may still need to work at one particular type of freedom – and that's financial freedom. How can you achieve it? There's no one instant solution. But you can work toward financial independence by addressing these areas:

- **Retirement savings** – Approximately 45% of Americans think the ideal retirement involves "enjoying my well-earned freedom," according to the March 2021 Edward Jones/Age Wave Four Pillars of the New Retirement study. But when you're retired, the risk to this freedom is obvious – the paychecks have stopped but the bills haven't. Furthermore, you could spend two or three decades in retirement. That's why it's so important to contribute as much as you can afford to your tax-advantaged retirement accounts, such as your IRA and your 401(k) or another employer-sponsored plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. Whenever your salary goes up, try to increase the annual amount you put in your 401(k) or similar plan. And if appropriate, make sure you have a reasonable percentage of growth-oriented investments within your 401(k) and IRA. Most people don't "max out" on their IRA and 401(k) each year, but if you can consistently afford to do so, and you still have money you could invest, you may want to explore other retirement savings vehicles.
- **Illness or injury** – If you were to become seriously ill or sustain a significant injury and you couldn't work for an extended period, the loss of income could jeopardize your ability to achieve financial independence. Your employer may offer disability insurance as an employee benefit, but this coverage is typically quite limited, both in duration and in the amount of income being replaced. Consequently, you may want to consider purchasing private disability insurance. Keep in mind that this coverage, also, will have an end date and it probably won't replace all the income lost while you're out of work, but it will likely be more expansive and generous than the plan provided by your employer.
- **Long-term care** – Individuals turning 65 have about a 70% chance of eventually needing some type of long-term care, such as a nursing home stay or the assistance of a home health aide, according to the U.S. Department of Health and Human Services. And these services are quite expensive – the average annual cost for a private room in a nursing home is more than \$100,000, according to Genworth, an insurance company. Medicare typically covers only a small part of these expenses, so, to avoid depleting your savings and investments (and possibly subjecting your grown children to a financial burden), you may want to consider long-term care insurance or life insurance with a long-term care component. A financial advisor can help you choose a plan that's appropriate for your needs. By addressing these areas, you can go a long way toward attaining your financial independence. It will be a long-term pursuit, but the end goal is worth it.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)



# Top country artist David Nail at the Lakeport Opera House July 2 and 3



COURTESY PHOTO

Two “Night’s On Fire” at the Lakeport Opera House when hit-making country artist David Nail returns for one of his first live performances back on the road on the 140-year old stage July 2 and 3.

LACONIA - Two “Night’s On Fire” at the Lakeport Opera House when hit-making country artist David Nail returns for one of his first live performances back on the road on the 140-year old stage July 2 and 3. As part of

the Independence Day weekend, Nail, a critically-acclaimed singer, songwriter and recording artist, will make his only scheduled New England tour stop this year so far at the historic venue. “I can’t wait to come

to New England this summer,” said Nail who was nominated twice by the Academy of Country Music and by the Grammy Awards. “As a performer, coming to a place like the Lakeport Opera House is the perfect opportunity to allow

guests to enjoy an intimate performance in a comfortable setting.”

Hailing from Missouri, Nail is well-respected up and down Nashville’s Music Row and with fans around the world. He’s written or co-written multiple hits with “Let It Rain” topping the Billboard Hot Country Song charts at No. 1 and “Whatever She’s Got” peaking at No. 2. Other top songs include “Nights On Fire” and “Red Light.”

Nail’s candor cuts like a laser through star-making propriety, a ritual of predictable answers to predictable questions, recited by artists averse to the controversy that truth can bring. His songs are honest as he evokes the demons with which he has wrestled through much of his life. Through dealing with his own bout of mental illness, Nail began making his most “organic” work to date, David Nail & The Well Ravens, with Jason Hall and Andrew

Petroff.

Over the last nine years, he’s release five albums: “I’m About to Come Alive,” “The Sound of a Million Dreams,” “I’m A Fire,” and “Fighter,” which hit No. 3 in the Billboard Top Country Albums and his most recent with the Well Ravens named “Only This and Nothing More.”

With a 200-seat layout built for comfort, style and mobility, every seat in the house has unobstructed views, cocktail service and the best sounds system for an experience unlike anything else in the area. Over \$1 million was invested in the Opera House renovation which opened on June 11 after being closed for 60 years. Originally built in 1882, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is home to live musical performances, theatre productions, comedians,

magicians as well as being host to community-focused events, weddings, and private and corporate gatherings. Once a mainstay of Laconia’s Lakeport community, the Opera House is on center stage in New Hampshire’s Lakes Region.

Other scheduled performances include: A night of magic with Adam Wilber on June 25, Unforgettable Fire: U2 Tribute Band on June 26, Clay Cook of the Zac Brown Band on July 9 and 10, The Little Mermen a Disney Cover Band on July 11, Dancing Dream: ABBA Tribute on July 17, Billy Joel Tribute: David Clark’s Songs in the Attic on July 31, Steve Sweeney Comedy on Aug. 5, Recycled Percussion on Aug. 6 and 7, and medium Maureen Hancock on Aug. 8.

For more information on events and to purchase tickets in advance, visit lakeportopera.com.

# Bear Island’s St. John’s Chapel Reopens July 4

MEREDITH - St. John’s-on-the-Lake Chapel on Bear Island will again be holding in-person services this summer after a hiatus due to COVID last year. The first service will be Sunday, July 4, at 10 a.m. We are delighted to have our good friend and board member, United Methodist Rev. Phil Polhemus, leading the service.

As most people know, St. John’s is unique among summer chapels. It holds services in the summer only; it cannot be reached by car; dogs are welcome; and there is no electricity. Built in

1927, services have been held regularly with the exception of the years during and following World War II and the summer of 2020.

In the current environment, masks are optional, but social distancing is encouraged. The chapel is reached by a well-marked footpath from the church docks in Deep Cove on the southwest end of Bear Island. In addition, there is a free “taxi boat” service from Meredith Neck; email us at bear.island.church.ferry@gmail.com to schedule a pickup.

For more informa-

tion, check the website www.stjohnsonthelake.com. Everyone is welcome to join us.

Available soon: Peter Ferber watercolor of the chapel. In a very special offering, highly regarded Lakes Region artist Peter Ferber has painted a remarkably beautiful picture of the chapel with four separate panels of the inside and tower view. These collector’s items will be sold this summer with the proceeds going into the chapel’s Preservation Fund which is a self-insurance fund dedicated to the long-term preservation of the chapel in case of catastrophic loss by fire or storm.

The paintings will be available to the public in three forms. The originals, which consist of a large watercolor of the chapel building and four small separate panels of

the interior and view, will be sold through a sealed bid process with the winning bidder announced near the end of August. In addition, the five originals are being combined into a single, museum quality print called a giclee. These will be numbered and signed by Peter, and only a limited quantity of them will be printed. Lastly, the giclee print will be produced as posters that will also be available to the public.

Complete details regarding the sale of Peter’s painting will be found on our website and Facebook page once they are fully established. You may also reach out to us via email (bearislandchapel@gmail.com).



COURTESY PHOTO

Peter Ferber’s watercolor of St. John’s-on-the-Lake Chapel on Bear Island will be available to the public this summer.

# Lakes Region Art Association announces ‘Summer Art Camp’

TILTON — The Lakes Region Art Association, a non-profit 501-C-3 organization is hosting three separate Summer Art Camps beginning in June for students in grades six to 12. Professional artist, and President of the LRAA, Tom Hitchcock, will teach all three courses beginning with the first camp on June 7. Summer Art Camp 2 begins in July, and camp 3 in August. Each camp session is made up of six classes over 3 weeks, two classes per week, Monday and Wednesday, 9 to 11 a.m. at the LRAA Fine Art Gallery, Tanger Outlets, 120 Laconia Rd., Tilton, suite 300. To register, call: 496-6768.

Hitchcock will focus on teaching many art disciplines to include drawing, composition, perspective, design, color and light and how to paint with acrylics. His teaching will also include Art History and instruction to build an appreciation of fine art. Tom’s background in art, and his curriculum for teaching, was developed over the years from first graduating from Syracuse University Fine Art School to then his professional experiences in the real world of art and design, photography, illustration, offset printing, marketing and advertising.

“I want to pass on what I can do to help young adults willing and eager to learn how to become and accomplished artist, and perhaps make it their career like I have,” he said.

Hitchcock’s classes will focus on a student’s ability to learn and grow as an artist. Class sizes are limited and it’s recommended early registration to insure a ‘place at the easel.’

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**Sasha**

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**Zephyr**

My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don't know how to ask for it. I may hiss at first, but don't let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not imply-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!

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# The Little Mermen, a premier Disney cover band July 11 at Lakeport Opera House

LACONIA - “Be our guest” and have “Wishes granted” as premier Disney cover band, the Little Mermen, brings kids and families on their feet for a live action sing-along show at the Lakeport Opera House. The Little Mermen will perform two shows on Sunday, July 11 including a matinee at 3:30 p.m. and an evening performance at 7 p.m.

“Disney-lovers young and old are in for a real treat with the Little Mermen show,” said Lakeport Opera House venue director Tim James Everett. “This nostalgic family-friendly show will have everyone singing out loud to their Disney favorites with lots of fun surprises during the performance.”

The band’s repertoire covers rock versions of all 82 years of the Disney canon including favor-

ites from “Beauty and the Beast,” “Aladdin,” “The Little Mermaid,” “The Lion King,” “Mary Poppins,” and “Frozen.” The group performs in full costume with band members dressing up as beloved film characters.

Founded by singer and songwriter Alexis Babini, the Little Mermen throws enchanted events that are jam-packed with nostalgic fun and sing-alongs. Hailed by BuzzFeed and Time Out New York as the premiere Disney cover experience, the show has won praise from none other than Disney. com and Alan Menken, composer of “Beauty and The Beast,” “Aladdin,” “The Little Mermaid,” “Tangled,” and others, himself. Spectators are encouraged (but not required) to dress as a Disney character for a chance to win a prize in-

cluding a meet and greet with the Little Mermen.

With a 200-seat layout built for comfort, style and mobility, every seat in the house has unobstructed views, cocktail service and the best sounds system for an experience unlike anything else in the area. Over \$1 million was invested in the Opera House renovation which opened on June 11 after being closed for 60 years. Originally built in 1882, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is home to live musical performances, theatre productions, comedians, magicians as well as being host to community-focused events, weddings, and private and corporate gatherings. Once a mainstay of Laconia’s Lakeport community, the Opera House



COURTESY PHOTO

“Be our guest” and have “Wishes granted” as premier Disney cover band, the Little Mermen, brings kids and families on their feet for a live action sing-along show at the Lakeport Opera House.

is on center stage in New Hampshire’s Lakes Region.

Other scheduled performances include: A night of magic with Adam Wilber on June 25, Unforgettable Fire: U2 Tribute Band on June 26, country artist David Nail on July 2 and 3, Clay Cook of the Zac Brown Band on July 9 and 10, Dancing Dream: ABBA Tribute on July 17, Billy Joel Tribute: David Clark’s Songs in the Attic on July 31, Steve Sweet-

ney Comedy on Aug. 5, Recycled Percussion on Aug. 6 and 7, and medium Maureen Hancock on Aug. 8.

For more information on events and to purchase tickets in advance, visit lakeportopera.com.

## Gilford Parks and Recreation News

BY HERB GREENE  
Director

Old Home Day Committee Accepting Sponsor Forms and Parade Applications

The Gilford Old Home Day Committee is currently accepting Sponsorship Forms to have you name listed in the Old Home Day Program Booklet and Parade Applications for the Old Home Day Parade to be held on Aug. 28. These forms are available at both Bank of NH locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation website at [www.gilfordrec.com](http://www.gilfordrec.com).

For more information,

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

Challenger British Soccer Camp

The Gilford Parks and Recreation Department is again sponsoring a weeklong Challenger British Soccer Camp. This camp will be held from July 12-July 16 at the Gilford Village Field. This camp offers a three-hour program for children ages 6-14 and an hour and a half long program for children ages 3-5. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger website at [www.challengersports.com](http://www.challengersports.com).

Cost: \$132 for ages 6-12 and \$97 for ages 3-5

For more information, please contact the

Gilford Parks and Recreation Department at 527-4722.

Minds in Motion “KIKO.962 Robot Workshop”

The Gilford Parks and Recreation Department is Sponsoring a workshop through Minds in Motion for children ages 1-12, from 9 a.m. – 4:30 p.m. on Aug. 2 and 3. Participants will have the opportunity to build and take home their very own KIKO.962 robot. This infrared sensor detecting, obstacle-exploring robot has spent life traveling the galaxies and surveying uninhabitable regions! KIKO.962 loyally follows any object that approaches it and won’t stop until switched back into explore mode. KIKO.962 has two pre-programed modes (Follow-me and

Explore) and scans its surroundings by using AI (artificial intelligence), I/R (infrared sensor), I/R (infrared sensor), and six legs which allow it to turn 360 degrees and seamlessly complete obstacles! Once you construct this 192-piece STEAM kit, you will realize this is no ordinary robot. KIKO.962 offers a wonderful sound and light effect, which develops its own emotions and gestures! Create challenging mazes for KIKO.962 to navigate around, or just select Follow-me and enjoy having the adorable robot pursue you! Registration is taking place at the Gilford Parks and Recreation Office and forms are also available online at [www.gilfordrec.com](http://www.gilfordrec.com)

Cost: \$115 per participant

For more information,

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

Seacoast United Soccer Camp

The Gilford Parks and Recreation Department is sponsoring a week-long Seacoast United Soccer Camp from Aug. 2 – Aug. 6 at the Gilford Village Field. This camp offers a three-hour program for

children ages 6-14 and a 45-minute program for children ages 3-5. Participants may register by accessing a registration link through the Parks and Recreation website at [www.gilfordrec.com](http://www.gilfordrec.com).

Cost: \$135 for ages 6-12 and \$70 for ages 3-5.

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

### READING

sen, ice cream, and face painting.

Special activities and events will go on all summer geared to kids, teens, and adults.

People of all ages can participate in different Summer Reading Programs by age and have the chance for getting some certificates and neat prizes. To sign up for the different programs visit <https://gilfordlibrary.readsquared.com>.

Kids ages 0-10 can sign up for “Children’s Tails and Tales” and can

earn points for reading. With enough points, kids will receive a completion certificate they can print and share their achievement.

Kids can also enter to win some weekly prizes as well as a chance to win tickets to Gunstock scenic lifts, Santa’s Village, Smitty’s Cinema, Pirate’s Cove, Art Escape, and more. For a listing of prizes visit the library’s Facebook page.

Teens and tweens can sign up for “Teen Tails & Tales” and record their reading minutes.

With enough minutes they can get points and earn some prizes. Teens and tweens can also complete missions and participate in different events to get bonuses.

Anyone age 18 and up can take part in “Adult 2021 Tails and Tales.” Participants can earn one raffle ticket for each book read and one ticket for each event they participate in. The tickets can be entered for a weekly prize drawing and the grand prize

drawing for the summer. Each week participants can complete a maximum of three books and one program.

Participants can track their reading on the library’s ReadSquared page.

For more information on the summer reading program and a listing of events and programs visit the Gilford Public Library’s website at <https://www.gilfordlibrary.org>.

### HONORS

and Emma Loudermilk of Monadnock, Michaela Gates of Prospect Mountain, Seairra Anderson of Somersworth, Sophie Graziano of St. Thomas, Sarah Sewall of Trinity, Katie Sweeney of Newfound and Alyssa Fryman of White Mountains.

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

### MANSON

agreement reached prior to a possible trial or it may move directly forward to a trial,” Bean Burpee said. “The back-up in our local courts (as with Courts across the country due to COVID), could very well mean that nothing further may happen until 2022.”

Bean Burpee credited the department’s social media post with over 300,000 comments and shares with getting to this point.

In May Manson’s attorney Howard E. King issued a statement calling the charges “ludi-

crous” and said the alleged victim asked for \$35,000 from Manson.

Bean Burpee said this statement “emphatically false.” He said the alleged victim filed charges the day after the incident and the investigation took several months before probable cause was found to issue a warrant.

Bean Burpee also said the police department has nothing to do with any potential civil proceedings the alleged victim might pursue against Manson.

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### CRAFT FAIR (Continued from Page A1)

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Rapunzel  
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Bank of New Hampshire presents the 2021 Children's Summer Series at the Palace.

# Bank of New Hampshire Signs as Title Sponsor for Palace Theatre's Children's Summer Series

LACONIA - Bank of New Hampshire is proud to once again be the Title Sponsor of the Palace Theatre's Children's Summer Series. This series will run from June to August and features nine different productions performed by professional actors and designed specifically for young children and their families.

The Palace Theatre is the busiest full-time theatre in the state of New Hampshire, making it a strong economic engine for the local community. The Palace Theatre is also fully committed to strengthening access to theatre for youth in the Manchester area and beyond. Palace Youth Theatre provides an avenue for young children and young adults to perform and grow as individuals within the Palace Theatre Community.

"The Children's Summer Series is an energizing time for both patrons and staff members at the Palace Theatre," said Carl Rajotte, Palace Artistic Director. "We are proud to provide affordable, high-quality family entertainment to our community. For many of our young audience members, the Summer Series is an introduction to theatre. Kids come dressed in costumes to match their favorite characters and leave with bright smiles and wide eyes. Every summer, these audiences remind us of why we love live theatre. We are grateful for Bank of New Hampshire's continued support."

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



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# Katie Dobbins celebrates release of self-produced single, "Starlights"

After living in Boston for almost a decade, the events of 2020 brought singer-songwriter Katie Dobbins back home to her NH roots. Like many, Katie re-evaluated her life over the past 14 months. For her, the year ended differently than it began. She took yet another leap of faith as she made the decision to dive into full time music at the end of 2020. She announced this transition in March with the launch of her online community The Starlight Lounge, which can be found at [patreon.com/katiedobbinsmusic](https://patreon.com/katiedobbinsmusic).

The Starlight Lounge, named after Katie's home studio Starlight Recording, is a platform where supporters can select a monthly subscription level in return for exclusive benefits. She has found so much joy in this online community over the past several months saying, "Pivoting is not easy, and I've missed playing live shows, but I also really love finding new inno-

vative ways to do things, especially when those new methods build community engagement and impact peoples' lives in a positive way."

The biggest creation from Starlight Recording to date is Katie's self-produced single, "Starlights."

"The song was originally inspired by my desire to have a short jingle for the Lounge. But when I sat down to write it, it was clear that I had a lot to say," she explains. "I wrote it in one sitting, quickly began laying tracks in my studio, and it came to life."

She says "Starlights" was born out of gratitude for the community she found online during the difficult year of the pandemic. She is grateful for everyone in her world - those near and far away, those here now and who have passed on. She hopes "Starlights" reminds people of the light we all carry, the power of community, and that together we can light up the whole world. The song certain-



COURTESY PHOTO

Gilford-based singer-songwriter Katie Dobbins released her new single "Starlights."

ly evokes emotion with its layered harmonies, sparkling piano, and dreamlike electric guitar riffs.

Katie collaborated with renowned NH artist and now good friend, Brooks Young, who put the final mixing and mastering touches on the song in preparation for its release. Starlights is now available on all streaming platforms.

"Starlights, Self-Pro-

duced Single by Katie Dobbins. Final Mix & Mastering by Brooks Young. Listen at <https://katiedobbinsmusic.hearnow.com/starlights>.

Dobbins has a live show planned in Concord on Aug. 7th. Details about that performance can be found on her website [www.katiedobbins.com](https://www.katiedobbins.com).

# The Laconia-Gilford Lions Club wants to thank you!



COURTESY PHOTO

Lions Club members (from left) Bill Chandler, Matt Soza, Allyn Bridge, Carol Dow, Marylin Brown, Lori Chandler, and Mike Adams.

—The Laconia-Gilford Lions Club's Electronic Waste Collection Day on Saturday, June 5, was a great success and the Lions are grateful to all those who braved the heat, brought items and participated in this fundraiser. Thanks to you, we filled up two large trucks with recyclable electronic items.

Special thanks to the owners of the Cinema's 8 plaza in Gilford, WJP Development, LLC, for allowing us to use their parking lot for this fundraiser.

Additional thanks to Winnisquam Printing for donating the printing costs of the flyers for the fundraiser.

The money that the Lions raised will allow the Club to meet pressing needs in our community including eye exams, eyeglasses, eye screening in the schools, hear-

ing aids, scholarships to graduating Seniors, Christmas baskets, assistance to food pantries, Lakes Region Community Services, Community Health & Hospice,

among many other local charities. The Lions are grateful for your support and look forward to seeing you in October 2021 for our fall Electronic Waste Collection Day

fundraiser.

The Lions are looking for service-minded people to join us. For more information, call 998-5549.

Thank you all.

# 80's Dance Party in the Park for the Belknap Mill Arts in the Park Summer Concert Series

LACONIA - Friday, July 2 at 6 p.m., the Belknap Mill is teaming up with Frank FM 98.3/99.1 to bring you an 80's Dance Party in Rotary Riverside Park as part of our 2021 Arts in the Park Summer Concert Series!

The 1980's were a decade of bold style, colors and heaping mounds of permed hair! Patrons are encouraged to crimp their hair, dig out that neon attire and poofy skirts and get ready for a "totally radical" evening of 80's top hits by Queen, Madonna, Bruce Springsteen, U2 and many others!

Gift certificates generously donated by Happy Cow Ice Cream and Burrito Me will be awarded for the best 80's costume! Frank FM's Pat Kelly will be joining us to DJ the evening, filling the park with the best music to dance the night away!

The Belknap Mill's 2021 Arts in the Park Summer Concert Series is generously sponsored by Founding Sponsor, The Laconia Putnam Fund and Media Sponsor, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances or our safety guidelines, please visit our website [www.belknapmill.org](https://www.belknapmill.org)



# Summer theatre is back onstage!



Ashley Meeken will appear as “Cassie” in Interlakes summer Theatre’s season opener, “A Chorus Line,” June 30-July 18. Visit [www.interlakes theatre.com](http://www.interlakes theatre.com) or 707-2856 for more information.

MEREDITH — The Interlakes Theatre will once again be offering a season of professional musical theatre this summer at the Interlakes Auditorium at One Laker Lane, Meredith.

The season began with “A Chorus Line” June 30-July 18, and stars Ashley Meeken as

“Cassie” and will be directed/choreographed by Gustavo Wons (“Evita,” “La Cage,” Saturday Night Fever”). This classic groundbreaking collaboration between Marvin Hamlisch and Michael Bennett is about Broadway dancers auditioning for a spot on “the line.” Winner of nine Tony

Awards and the 1976 Pulitzer Prize for Drama, the show provides a glimpse into the personalities of the performers and the events that have shaped their lives and their decision to go into “the business.”

The second show, “I Do! I Do!” July 21-Aug. 1, was written as a star vehicle for Mary Mar-

tin & Robert Preston, but here in Meredith will star Emma Flynn (“South Pacific,” “Mamma Mia,” “Gypsy”) and Andrew Widger (“Mamma Mia,” “Saturday Night Fever”). The show ran on Broadway for a year in 1966 and was nominated for seven Tony Awards. This production will be directed

by Nancy Barry.

The third show of the season will be “Little Shop of Horrors” Aug. 4-15 — a musical that spoofs the film of the same name from the 1950’s black & white sci fi genre. Directed by Amanda Coffin (“Mamma Mia,” “Honk, Jr.,” “Wizard of Oz”), this show will also feature Emma Flynn as Audrey, Andrew Widger as The Dentist, and newcomer Jake Ziman as Seymour. Finally, Interlakes Theatre is excited to welcome back Solomon Kee, in a new show called “Sammy Davis, Jr. Live at the Palace” Aug. 17-22, featuring celebrity guests including Frank Sinatra, Barbra Streisand, Diana Ross, Judy Garland, and Dionne Warwick.

The theatre will also be presenting two productions performed by our Youth Company, “Peter & The Starcatcher,” on July 17 & 18 and “Frozen, Jr.” on Aug. 14 & 15.

This summer, there will be limited seating, as we are committed to maintaining three-foot

distancing for all of our patrons. We also plan to uphold the Inter-Lakes School District’s mask mandate for the audience at all times while they are in the building. We want all of our patrons to feel safe and stay well-whether or not they are vaccinated. To help accommodate all of our patrons, we have added some Tuesday matinee & evening performances.

If you are a flex pass holder or a subscriber, you may have already heard from the theatre about booking this year’s tickets. If not, please email us at [interlakes theatre@gmail.com](mailto:interlakes theatre@gmail.com) and we will reserve your seats. If you do not use email, you may leave a message at 707-6035. If you would like to roll your tickets over to 2022, that is also an option. If you have no tickets and would like to buy some, they can be purchased online at [www.interlakes theatre.com](http://www.interlakes theatre.com) or by leaving a message on the Box office line at 707-6035.

## Winnipseaukee Playhouse begins 18th summer season

MEREDITH — After a quiet eight months, the Winnipseaukee Playhouse’s campus sprung back into action on Monday as the theatre company welcomed the technical team and actors who will be kicking off the 2021 season. And while the original 2020 season of shows was condensed into a small, three-show run last fall, the 2021 season has been expanded to encompass three plays and four musicals spanning from June through October. The theme of this year, “Small and Beautiful,” represents the fact that each show will be on a smaller scale in terms of the numbers of people involved, but this newly expanded length for the professional season will allow for shows that take place both indoors and on the theatre’s new outdoor stage, through summer and early fall.

Producing Artistic Director, Neil Pankhurst, says, “We knew that reduced patron capacity meant shows would need to be leaner. In doing that, it allowed us to choose some really unique, exciting titles that we may not have attempted in earlier seasons where the costs involved relied on filling the entire house.”

One play that Pankhurst had been wanting to produce for many years, Harold Pinter’s “Betrayal” fit that bill and will start the season on June 16. Pankhurst and the three actors in this drama, Krystal Pope, AJ Ditty, and Will Wilder, had their first read-through on Monday. For some of them, it was their first production since the beginning of the pandemic.

“Betrayal” will be performed on the outdoor amphitheatre, which got an expansion and facelift for the 2020 season and will be further expanded to accommodate more patrons for 2021 and beyond.

Pankhurst says, “The challenges we faced in

2020 really helped us become more inventive, especially in regard to the outdoor amphitheatre. It had never been used as a primary performance space prior to 2020 and, in realizing the necessity of transitioning to outdoor theatre, we found this gem of a performance space which audiences really enjoyed and we now plan to use going forward, pandemic or no pandemic.”

“Betrayal” will be followed by the Tony Award-winning mystery “Sleuth,” which will be performed indoors from June 30 through July 17. The next show, a musical called “Dani Girl,” will be on the outdoor stage. Simultaneously hilarious and heart-breaking, it’s the story of a nine-year-old girl with cancer and the wonderful adventures she takes in her imagination. It will be performed from July 14 through 31.

New Hampshire Theatre Award-winning actress Ashley Meeken, who was last seen on the Playhouse stage as Velma Kelly in “Chicago” in 2019, will next perform a relatively unknown Andrew Lloyd Webber musical, “Tell Me on a Sunday,” on the indoor stage from July 28 through Aug. 14. This will be followed by the premiere of a play with music that the Playhouse commissioned for the 2020 season to celebrate the ratification of the 19th Amendment. Then called “Votes for Women,” it has been retitled “Hooligans and Convicts!” and will have its world premiere from Aug. 18 through Sept. 4.

The final outdoor show of the season will also be a premiere, but the music will be very familiar as Pankhurst has written a script to accompany favorite songs from the Great American Songbook by composers such as George Gershwin and Irving Berlin. Called “It Had to be You,” this show will contain lots of singing and dancing and



will perform from Sept. 1 through 18.

The professional season will wrap up from Sept. 22 through Oct. 9 with the comedy “Glorious, The True Story of Florence Foster Jenkins: The Worst Singer in the

World.” It will feature Broadway veteran and New Hampshire Theatre Award-winning actress Carolyn Kirsch.

The Playhouse is focused on safety and has published a page of COVID-19 protocols on

their website to prepare patrons for what to expect when they attend the theatre. Protocols may change throughout the season as the situation evolves. At present, patrons can expect to be seated at a minimum of three-foot distance

from other patrons and guests are expected to keep masks on at all times during the performance, both outdoor and indoors. Tickets for all productions can be purchased by calling the box office at 279-0333.



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BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

The recommended daily dose of this vita-

min is 90 milligrams for men and 75 milligrams for a woman.

For seniors, good eating habits improve

physical health, which in turn has a positive effect on mental wellbeing and overall quality of life. Vitamin intake is

often an important part of maintaining a healthy diet and getting the necessary nutrients.

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tamin deficiencies can occur for many reasons, such as skipped meals, medications interfering with the absorption

of vitamins or certain health issues.

One vitamin that can greatly play a role in the quality of life of seniors is vitamin C. While usually associated with colds, this vitamin plays a part in keeping older adults healthy all around. Benefits of vitamin C include:

Fights off colds: Vitamin C reduces the duration and severity of some illnesses

Immunity boost: Assists in the formation of white blood cells, which help fight off infection

Supports healthy joints: Helps form collagen, which helps hold skin, ligaments and cartilage together

Builds strong blood vessels: Helps keeps blood vessel walls strong and resistant to damage

When people age, the need for vitamin C only increases as they become more susceptible to illness and disease. Whether it is preventing macular degeneration, heart disease, osteoporosis or cancer, vitamin C has a vital role.

Seniors that want to ensure that they are getting enough of this crucial vitamin on a regular basis should talk to a healthcare professional. Typically, avoiding vitamin C deficiency is possible with a healthy diet, but some older adults find that a supplement can be beneficial.

Foods rich in vitamin C are citrus fruits, bell peppers, tomatoes, Brussels sprouts, broccoli and cantaloupe.

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of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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Please call 603-536-6060 or visit our website at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.



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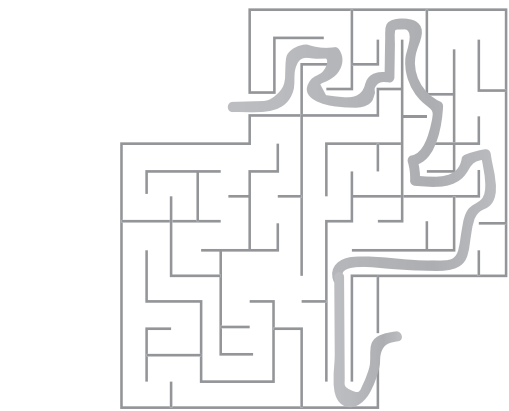
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ANSWER: ROSE

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Can you find your way through the maze?

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- **1613:** LONDON'S GLOBE THEATRE BURNS DOWN DURING A PERFORMANCE OF SHAKESPEARE'S HENRY VIII.
- **1915:** EDMONTON IS RAVAGED WHEN THE NORTH SASKATCHEWAN RIVER FLOODS.
- **1995:** THE SHUTTLE ATLANTIS DOCKS WITH THE RUSSIAN SPACE STATION MIR, FORMING THE LARGEST MAN-MADE SATELLITE EVER TO ORBIT EARTH.

### New Word

**BUD**  
a compact growth on a plant that develops into a leaf, flower or shoot

### How they SAY that in...

**ENGLISH:** Petal  
**SPANISH:** Pétalo  
**ITALIAN:** Petalo  
**FRENCH:** Pétale  
**GERMAN:** Blatt

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### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: FONDANT ROSE

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to biking. Each number corresponds to a letter. (Hint: 4 = E)

**A. 11 21 3 26 4 7**  
Clue: Move from point A to B

**B. 11 8 21 4 24**  
Clue: Rubber wheels

**C. 4 16 4 21 25 8 24 4**  
Clue: Physical activity

**D. 11 21 3 8 7**  
Clue: Path

Answers: A. travel B. tires C. exercise D. trail

### SUDOKU

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

Level: Intermediate


**Here's How It Works:**  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:



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**ANNA SWANSON**  
(Plymouth)– If you have cancer, lung, heart or kidney disease, Alzheimer’s, or another serious illness, you should know about a medical team called palliative care that can address your symptoms and stress.  
Pemi-Baker Community Health (PBCH) offers palliative care in your home, making it easy for you and your family members to ask questions and relay concerns. Their focus is on relieving the symptoms and stress of your illness, thus improving your quality of life. They will coordinate your care with your other doctors as well as provide

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Is Palliative Care right for you?  
Do you have one or more serious illnesses such as:  
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Kidney failure  
Liver failure  
Neurological diseases (e.g., ALS, Parkinson’s)

Dementia  
Do you have symptoms that make it difficult to be as active as you would like to be, or impact your quality of life? These symptoms might include:  
Pain or discomfort  
Shortness of breath  
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Lack of appetite  
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Have you, or someone close to you, experienced the following:  
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Frequent emergency room visits  
Three or more admissions to the hospital within 12 months, and with the same symptoms  
Do you, or someone close to you, need help with:  
Knowing what to expect



Knowing what programs and resources are available  
Making medical decisions about treatment choices/options  
Matching your goals and values to your medical care  
Understanding the pros and cons (benefits/burdens) of treatments (e.g., dialysis, additional cancer treatments, surgery, etc.)  
Do you, or someone close to you, need help with:  
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Talking with your family about your illness and what is important to you  
If you answered yes to any of the questions above, you can benefit from palliative care. Ask your doctor for a palliative care referral with PBCH. Once PBCH receives the referral, they will contact you via phone to answer and ask questions and set up a meeting with you at your home.  
For more information on how Pemi-Baker Community Health can help please call 603-536-2232 or email us at [info@pbhha.org](mailto:info@pbhha.org).

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# Celebrating Our Seniors

## How seniors can maintain physical wellness by incorporating easy, fun exercises into their daily routine

BY GOLDEN VIEW HEALTH CARE CENTER'S REHABILITATION PROGRAM MANAGER KAREN MORIARTY, MS, OT/L

MEREDITH—Summer is here, and New Hampshire residents are spending more of their time outdoors. The warm weather and longer days provide plenty of options for seniors to maintain their physical wellness by incorporating simple exercises into their daily routine. Golden View Health Care Center's Rehabilitation Program Manager Karen Moriarty, MS OT/L has a few

recommendations for seniors looking to maintain their fitness this summer.

"It's important to look at exercise in a broad sense," said Moriarty. "Activities like bocce, shuffleboard, and other lawn games are all great ways to stay active."

Moriarty also recommends walking as a great way to take advantage of the warm weather while getting in some exercise. Seniors can walk on a flat surface or up small hills for a more intense workout. Some

seniors may use walking sticks to help maintain balance while going for a walk. Those who walk often might add in small arm or leg weights for a challenge.

"People often flock to water during the summer. Luckily in the Lakes Region, we're surrounded by it," said Moriarty. "Seniors who like to swim can utilize the water in their exercise routine. Walking in water is an excellent way to add resistance to a simple workout. For those who want to get in some cardio, treading water is a good choice. Floatation devices can be used while treading water for safety."

For seniors with limited mobility, Moriarty also recommends swimming, as well as stationary arm and leg bikes.

"Yoga is also a great exercise for seniors," Moriarty said. "Yoga can be practiced by anyone, regardless of flexibility, coordination, and age. Accommodations

can easily be made for those who need to practice posing while seated, making it an accessible exercise for most anyone. Seniors can also maintain flexibility through simple stretches like raising their arms above their head or doing ankle circles. This day and age videos can easily be found on websites like YouTube showing how to do simple exercises and yoga poses."

For anyone planning to add outdoor exercise into their daily or weekly routine, it's important to do so in a safe way.

"In this hot summer weather, hydration is very important," Moriarty said. "Seniors should drink plenty of plain water throughout the day. Seniors should also make sure they're wearing proper footwear and loose, comfortable clothing while exercising. If you're going for a walk away from your home, make sure you're carrying your cell phone

and a water bottle so you can safely get out there and enjoy the summer."

Golden View Health Care Center has provided quality care to seniors of the Lakes Region and beyond since 1974. Golden View is a locally managed non-profit

health care organization offering an umbrella of services including assisted living, short stay rehabilitation, traditional long-term care, and respite care. For more information, please call 279-8111 or visit [www.goldenview.org](http://www.goldenview.org).

## The Virtual Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them

A COLLABORATION BY SPEARE MEMORIAL HOSPITAL, PEMI-BAKER COMMUNITY HEALTH, AND MID-STATE HEALTH CENTER

Plymouth, NH – Pemi-Baker Community Health, Mid-State Health Center and Speare Memorial Hospital are collaborating to provide The Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them. The virtual series will be a mix of videos and podcasts designed to educate and assist seniors, caregivers, and the community about topics related to healthy aging.

Each month a new presentation will be available from an expert at Speare, Mid-State, or Pemi-Baker. The series launches July 1st with the first episode covering The COVID-19 Vaccine, presented by Mid-State Health Center's Dr. David Fagan.

Future episodes will cover topics such as Home Funerals and Green Burials, Staying Fit Indoors and Out, Communicating with Your Aging Parent, Advanced Directives and more.

For a complete schedule of events, to learn more about the series, and to subscribe to episode notifications, visit [virtualhealthseries.com](http://virtualhealthseries.com).

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# Celebrating Our Seniors

## Misconceptions of Long Term-Care Planning

BY EDWARD H. ADAMSKY,  
ATTORNEY AT LAW

Nursing Home care is what most people think about when considering Long-Term Care. If your care needs are high, you may need nursing home care. But if your needs are not so high, there are options that may be more affordable, so you should always consider that first. You can have home-health-aides assist you at home or move into an Assisted Living Community. Those options will cost less than nursing home care. The average cost of nursing home care is around \$12,000 to \$14,000 per month - over \$150,000 per year. Most people cannot afford that expense for very long. In that case, you may need to seek Medicaid eligibility.

Medicaid is the only government program that pays for Long Term Care costs. Medicaid is a means-tested benefit, so you have to be financially eligible. If you don't qualify for Medicaid, you will have to pay for your Long-Term Care costs on your own.

A big misconception is that Medicare will pay

for your nursing home care. Medicare is health insurance for medically necessary care. A short-term rehabilitative stay in a nursing facility may be medically necessary so Medicare will pay for that. But long term assistance with the activities of daily living (eating, dressing, bathing, and the like) is not medical care.

It may not be too late to try to protect your assets. For many people, the thought of spending their life savings in the last year or two of their lives is too horrible to bear. They want to take whatever steps are allowed to "protect" their assets. You should start to plan for protecting assets well in advance due to the five-year look-back period rule under Medicaid. But there are some exceptions to that rule, and there are some techniques that can be used at the last minute. So, you should always consult with an Elder Law Attorney when long term care is in the near future.

There is often confusion about the look-back period. For over 20 years it was 3 years. That meant that the Medicaid

office examined your financial affairs for the three years prior to the date of your Medicaid application. In 2006, the look-back period was increased to 5 years. It has been that way ever since. It is possible the law might change again, but nothing has happened since 2006 and it seems doubtful our current congress will target low-income seniors.

Many people think that gifting \$15,000 is allowed by Medicaid because it is allowed by the IRS rules. But Medicaid and the IRS are two different systems with completely different rules. There is no yearly exemption amount for gifting under Medicaid. Any amount of money or any asset given away in the five years prior to your application can disqualify you from getting Medicaid.

It is always advisable to consult with an experienced Elder Law attorney sooner rather than later. Although there are exceptions it is best to plan ahead and utilize the full extent of the law and the look-back period to accomplish your goals.

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### September

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### October

Nutrition As We Age  
Podcast - MSHC



### November

Communicating with Your Aging Parent  
Video - Speare



### December

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# Laconia author releases new book

LACONIA - Give a Salute! is pleased to announce the recent release of “Memories,” a book by James Novak, author of the popular memoir, “Ora’s Boy” (2012). “Memories” shares what happens to the author after he leaves Laconia in 1957, enlisting in the U.S. Air Force.

Travel along with the author from Turkey to Thailand, and throughout the United States, as he recollects the many memories of his adult life.

In “Memories,” he shares his experiences with hangings, tornadoes, hurricanes, Sharia law, the Vietnam War, a bigger-than-life con man, his near-death experience after being buried alive, and so much more.

Jim Novak was born in Laconia and graduated from Laconia High School in 1957. He graduated magna cum laude from Park College in 1970, with dual degrees in Business and Economics, and earned his master’s degree in Public Administration from the University of Oklahoma in 1977. Serving his country in the Air Force for over 23 years, Jim embarked on his civilian career with Lockheed Missiles & Space Co. upon his military retirement. After traveling extensively, he now resides back in Laconia with his wife, Denise, and their dog, Thea.

Both “Ora’s Boy” and “Memories” can be purchased at The Belknap Mill in Laconia, most bookstores, and online at Amazon.com. They are available in hard-back, paperback and e-book versions.

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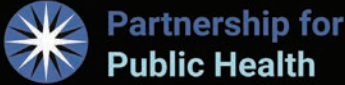
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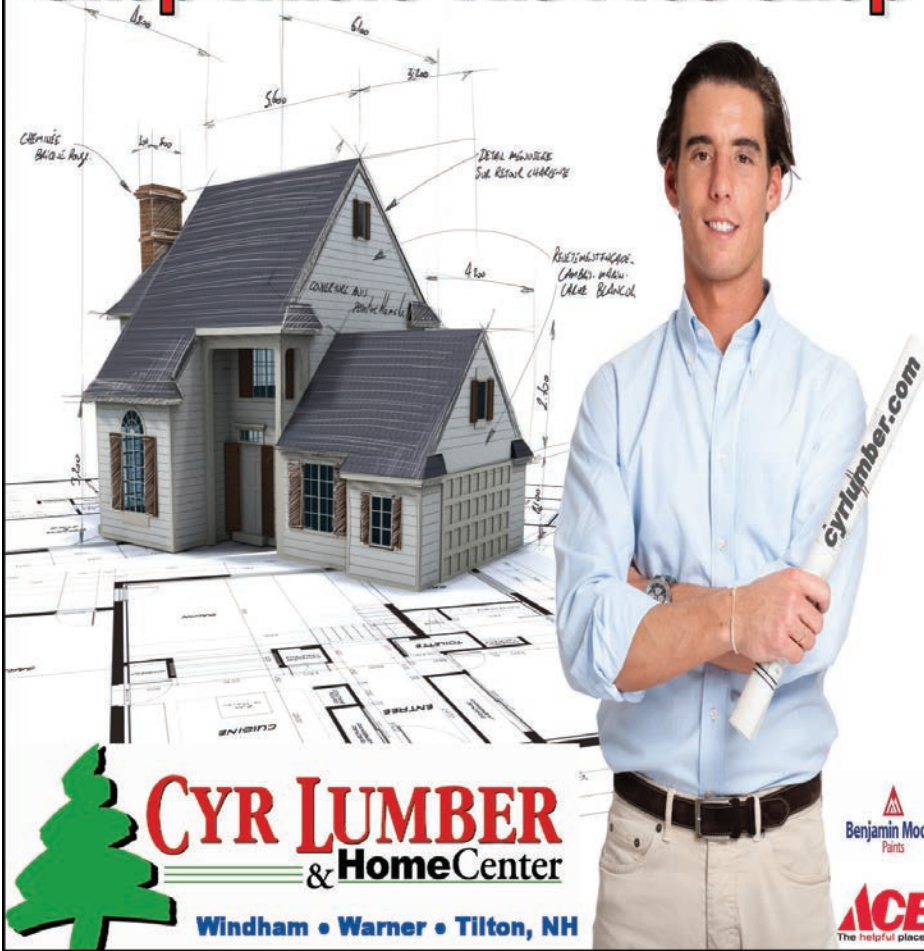








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