



PHOTO BY ERIN PLUMMER

Camping by the lake

Campers move in and out of Ellacoya State Park with a prime view of Winnepesaukee.

Town addressing Belknap Point, Scenic Drive traffic issues

BY ERIN PLUMMER
mnews@salmonpress.news

Scenic Drive and Belknap Point Road will have some new signs and line string aimed at calming speeds and keeping pedestrians and cyclists safe as a traffic study indicates most travelers in that area are going over the speed limit.

A number of residents of both streets have approached the selectmen with concerns about speeding cars and the safety of pedestrians and cyclists. The selectmen held a public hearing on June 23 to get suggestions and feedback on how to address the traffic issues. As a result of the feedback, the board lowered the speed on Belknap Point Road to 25 miles per hour, asked for the police department to do traffic count and speed study to be done on that road, and asked for the public works department to look into options for signs and striping in that area.

SEE TRAFFIC PAGE 8

Town beach raft will stay out of water

BY ERIN PLUMMER
mnews@salmonpress.news

The raft will stay out of the water at the town beach this season because of safety concerns despite a petition asking for it to come back.

The selectmen received a petition from an anonymous person with several signatures asking the town to put the raft back in the water. On Wednesday, the board held its decision to keep the raft on shore this season after reviewing statistics that show nearly 94 percent of water rescues happened because of the raft. At the same time, they also considered the number of lifeguards this season is at a fraction of what it was in years past.

SEE RAFT PAGE 8

Island Cleanup Day to continue after board agrees not to hold hearing

By Erin Plummer
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Island Cleanup Day will continue after two out of three selectmen decided not to hold a public hearing discussing the option of ending the event.

In March, the board discussed the possibility of ending Free Dump Days and Island Cleanup Day considering that the town now has its own transfer station. The board with agreement from Public Works Director Meghan Theriault later held a public hearing and voted to end Free Dump Days after this year.

The board wasn't as in agreement about Island Cleanup Day. While selectman Kevin Hayes said Island Cleanup Day should also end after this year, selectman Chan Eddy said it was an important event for island residents, who could not unload their trash and materials as easily. The board agreed to talk about this at a later time.

The topic came up again during Wednesday's meeting about the possibility of holding a public hearing on Aug. 11. Hayes, however, was the only member of the board who wanted to hold a public hearing, Eddy and board Chair Gus Benavides said they did not.

Charles Fairman, vice president of the Gilford Island Association, said he was happy there wouldn't be a hearing and Island Cleanup Day is extremely important for island residents. He said island residents pay town, school, and county taxes even though they

SEE CLEANUP PAGE 8

Sununu sees local impact of COVID relief



PHOTOS BY ERIN PLUMMER

Gov. Chris Sununu gets a tour of Welch Manufacturing Technologies during a recent visit to the Lakes Region.

BY ERIN PLUMMER
eplummer@salmonpress.news

LACONIA — Gov. Chris Sununu got a direct view of how a state COVID-19 assistance program helped local businesses during a tour of the Lakes Region.

On Thursday, Sununu visited a number of Lakes Region businesses and saw how they were faring, and how funds from the Main Street Relief Fund impacted them. Some of the businesses on the tour were Rubbin' Butts BBQ in Center Harbor, Gilmanton Winery, Heritage Farm Pancake House in Sanbornton, and others. He also visited NH Marine Patrol's headquarters in Gilford.

The Main Street Relief Fund utilized around \$350,000 in CARES Act funds to assist business-

es and nonprofit organizations in the state that were impacted by the pandemic.

In the early afternoon Sununu visited Welch Manufacturing Technologies in Laconia, seeing the different items the company makes and getting a tour of the facility.

Welch Manufacturing Technologies is located on Province Road in Laconia and has four different divisions. Its flagship division Burns Machine makes parts for the aerospace industry that have gone into commercial airplanes, military helicopters, rockets, and many other kinds of aircrafts.

The company started when Glenn Welch bought Burns Machine in Meredith on a "leap of faith." At the time he was working for Digital Equipment Corporation in Maynard, Mass., and his wife Michele was a buyer for Rich's department store in Salem.

"We're at the point now where we're 30-years-old, both of us, and we said we want to start a family," Glenn said. "We don't like the rat race down in Massachusetts."

His parents had a house on Rattlesnake Island in Alton and said he wanted to raise a family in the Lakes Region.

Since then, they started three more divisions. Machined Component Source provides contracted designs to 20 different local companies for them to produce components for the aerospace and automotive industries. Plasclean Technologies cleans injection mold and extrusion machinery in ovens that burn off debris while maintaining the integrity of the machinery. Bite Harder produces sharpening tools for snowmobile carbide runners and track studs and is working on other pieces of snowmobile safety equipment.

Glenn said the company came off its best year in 2019 when the pandemic hit. By April of 2020 they were only getting 20 percent of the orders they usually did and lost 80 percent of its backlog.

The company did receive funding from the Paycheck Protection Program (PPP) that carried it through May. In June they decided to start working on all the shortest contracts they had and created inventory.

"We kept everybody

SEE SUNUNU PAGE 8

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
July 22 - July 29

Thursday, June 22
Geri Fit, 9-10 a.m.

T(w)een Tech Camp,
Day 4: Coding with Min-

ecraft, 10:30 a.m.-noon
Like it or not, Computer Science and Coding are a big deal. Fortunately, Hayden has a fun way to teach basic coding principles all within the Minecraft world. Come learn and play along.

Lindsay and Her Puppet Pals, 4 p.m.

Lindsay brings her larger than life Puppet Pals to child and family audiences across New England. Filled with silliness, active audience engagement, and memorable characters, this series of charming short stories will delight the young and the young at heart! Sign-up is not required.

French, 4-5 p.m.

Book Discussion:
Transcendent Kingdom

by Yaa Gyasi, 5:30 p.m.

Copies of the book are still available at the

front desk! Come join in on the discussion.

Friday, July 23
T(w)een Tech Camp,
Day 5: Video Games,
10:30 a.m.-noon

Who said the library needed to be all about reading? Come play on our Nintendo Switch system for some Mario Party, Just Dance, Mario Kart or Super Smash Bros!

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

Bridge, 10:30 a.m.-
12:30 p.m.

Hand & Foot, 12:30
p.m.

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

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

Lower Intermediate
Line Dancing, 4-5 p.m.

Monday, July 26
Teen Minecraft Chal-

lenge: Week 4, all week

Check out our Facebook page or teen Discord for more information!

Geri Fit, 9-10 a.m.

Teen Drop In: Speed
Cake Decorating, all

week 10 a.m.-4 p.m.

Have you always wanted to be a Food Network Cake Decorator? We're giving you the chance here at the Gilford Library. There is a catch, though. You have five minutes. Your time starts now. We'll provide a blank canvas cake and let your imagination run wild with whatever toppings you can fit on there in the allotted time. Have fun, let loose, decorate your own cake, snap a picture and then take it home and eat up! This event runs all week! Mahjong, 12:30-3 p.m.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of July 12-18.

Harry A. Foothorap II, age 83, of Gilford was arrested on July 14 for Driving After Revocation or Suspension.

Peter E. Morrisette, age 59, of Gilford was arrested on July 15 for Domestic Violence-Simple Assault; Physical Contact.

Christopher J. Maciver, age 62, of Gilford was arrested on July 16 in connection with multiple bench warrants.

Tucker James Bean, age 28, of Hill was arrested on July 17 in connection with multiple bench warrants.

Amelia R. Marjerison, age 18, of Yarmouth, Maine was arrested on July 17 for Unlawful Possession of Alcohol.

Trevor Robert Bond, age 37, current address unknown, was arrested on July 18 in connection with a warrant.

Gilford Public Library Top Ten Requests

1. "The Shadow" by James Patterson
2. "The President's Daughter" by Bill Clinton
3. "Dead by Dawn" by Paul Doiron
4. "21st Birthday" by James Patterson
5. "Golden Girl" by Elin Hilderbrand
6. "The Four Winds" by Kristin Hannah
7. "Jackpot" by Stuart Woods
8. "Fallen" by Linda Castillo
9. "Ocean Prey" by John Sandford
10. "Legacy" by Nora Roberts

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Bank of New Hampshire sponsors Farmsteads of New England's Mobile Food Pantry



COURTESY

Beth Lyons, Assistant Vice President, Hillsborough Banking Office Manager for Bank of New Hampshire; Kelli Olsen, Vice President, Corporate Cash Management Officer for Bank of New Hampshire; Amelia Gardner, Farm Manager for Farmsteads of New England at Farmsteads of New England's Mobile Food Pantry

LACONIA — Bank of New Hampshire is excited to support Farmsteads of New England's Mobile Food Pantry Program for the 2021 season.

Farmsteads of New England, Inc. (Farmsteads) is a pioneer in farm-based programs for adults with autism and other developmental disabilities and is recognized nationally in the autism community for

their groundbreaking and unique approach to program delivery for this population. Resident farmers live in an educational and therapeutic rural environment where individuals are valued for their abilities, learn farming skills, earn wages, produce farm products in micro-businesses, are provided 24-hour/365-day care and support, and are given wide-ranging opportunities to enjoy life as fully as possible. The Mobile Food Pantry Program provides access to fresh, locally-grown produce to pantries, soup kitchens, low-income housing communities, and to elderly housing complexes on a weekly basis free of charge. Bank of New Hampshire's sponsorship is enabling Farmsteads' Mobile Food Pantry Program to achieve its goal of doubling the

number of households reached in 2021 by serving 200 households per week.

"We are so grateful to Bank of New Hampshire for its support of this important initiative," said Deborah DeScenza, Founder and Executive Director for Farmsteads of New England. "Farmsteads of New England was founded to give people who have developmental disabilities a meaningful and satisfying life, and growing food for the community is an important aspect of accomplishing our mission. It is exciting for our farmers to know they are contributing members of the community; they get enormous pride from helping others. We look forward to providing food for many families struggling with food insecurity this year through our Mobile Food Pantry."

"We're grateful for the opportunity to support Farmstead's Mobile Food Pantry this year, furthering our goal to make an impact in the area of food insecurity," said Tiffany Baert, Vice President, Marketing Officer for Bank of New Hampshire. "Not only does this program provide critical resources for those struggling with access to fresh food within our communities, they are changing lives and providing meaningful opportunity to those with developmental challenges."

Bank of New Hampshire is proud of 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.

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

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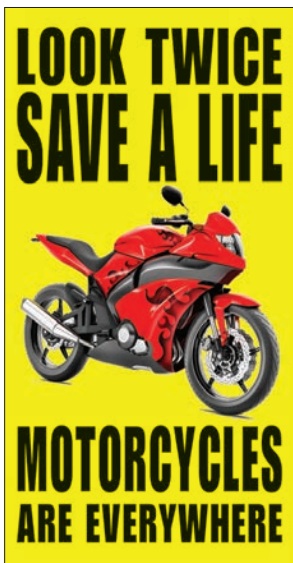
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Leadership group graduates



The Leadership Lakes graduating Class of 2020 at the Belknap Mill ceremony.

LACONIA — Leadership Lakes Region recently conducted its 22nd annual graduation ceremony with 24 Lakes Region professionals joining the alumni ranks. Since its inception in 1998, the non-profit group has graduated 409 members. “This was a challenging time for our class due to COVID,” stated Program Coordinator Jennifer McLean. She pointed out that the current graduating

class started their eight-month leadership journey in October 2019, but was forced to suspend all meetings and program events due to the pandemic in early 2020. The group restarted in May 2021 to complete the remaining three Program Days and graduate. Throughout the pandemic-driven hiatus, McLean kept the group engaged through on-line “face-to-face” meetings and personal contact. The class picked up right

where they left off and completed Social Issues, Health Issues, and Lakes Day culminating in the graduation ceremony held at the remodeled, updated Belknap Mill. Featured guest speaker was Rusty McLearn, former CEO of Hampshire Hospitality Holdings and the driving visionary behind the resurgence of the Meredith area as a tourist destination, as well as the development of the I-93 rest stop facilities. Another ceremony



Jennifer Kelley, second from left, receiving her Adrienne Stevens Founder's Award for Leadership from Adrienne's nephew and niece, Chris and Tammy Stevens. Last year's recipient, Andrea Condodemetraky (left) and Leadership Lakes Chairman Don Morrissey (right) share the moment. highlight was the selection of class member Jennifer Kelley, Executive Director of the Lakes Region Childrens' Auction, as the recipient of the Adrienne Stevens Founders' Award for Leadership. The award, named in honor and memory of the late Adrienne Stevens, a founding force behind the creation of Leadership Lakes Region in the late 1990's, is presented by her family to that graduate who, in a vote by their peers, exemplifies the community volunteerism and leadership of Adrienne Stevens. The award was presented by Chris and Tammy Stevens, Adrienne's nephew and niece, assisted by last year's recipient, Andrea Condodemetraky. This year's graduating class was made up of residents from 14 area communities and represented careers in banking, energy management, non-profit agencies, senior living, education, healthcare, the legal profession, public safety, tourism, financial management and architecture. A full listing of the 24 graduates, along with information about the next Leadership Lakes Region class starting in October, 2021, may be found at www.leadershiplakesregion.org. Applications for the next class are currently being accepted.

LRCC helps Kirk Beattie fulfill dream of being a firefighter — and now chief



Kirk Beattie

LACONIA — For as long as he can remember, Kirk Beattie has wanted to be a firefighter. From a start in a local youth exploration program to his current position as a Fire Chief, he has benefitted from the kind of hands-on experience he found at Lakes Region Community College. Beattie grew up in Franklin. His father and grandfather were both military veterans. They were on-call firefighters at the Franklin Fire Department and instilled a work ethic in Kirk that set him up for a public service career as he followed in their footsteps. “When I was 14 years old, the Franklin Fire Department had an explorer program, which allowed me to learn about the job and how to become a firefighter. I would clean the station and tools after a fire, and I instantly fell in love with this career. I knew it was the direction I wanted to take in life,” he recalled. Beattie continued to work in the firefighter explorer program until he was 18 and then joined the Call Force Division, a group of on-call firefighters, which enabled him to earn hands-on firefighting experience.

Working in this type of training environment helped set the path for his future. “When I finished high school, there was a lot of push for people to go to a four-year college, but I already knew what path I wanted to take. There was a great school 20 minutes away from home that had exactly what I wanted to study,” he said. So, Beattie enrolled in the fire protection program at Lakes Region Community College (LRCC). “Of course, there are general education credits that are necessary, but I got to learn what I wanted to study, which is a big part of why I enjoyed my time at LRCC,” he said. Beyond what he learned, he feels the connections he made – both with the faculty and fellow students at LRCC – helped make his career trajectory easier. “Looking back, I see it now in the relationships I made. The in-

structors were educated and experienced in their fields and passed that knowledge along to us. I still have connections throughout the state over 26 years later with former classmates. I'm a huge believer that connections can make one's job easier,” he said. Beattie earned his associate degree in fire protection from LRCC in 1995 and then graduated from NHTI – Concord's Community College with a degree in emergency medical services

in 1997. He started his post-college career as a full-time firefighter paramedic and continued to climb through the ranks in the department. Years later, he earned his Bachelor's degree in public service management from Granite State College and his Master's degree in public administration from Columbia Southern University. “My education helped me move up in my career at the Laconia Fire Department. I was promoted to lieutenant, where I was overseeing shifts and then to captain overseeing the station. Then, in October 2018, I was promoted to fire chief,” he explained. As the chief, he still goes to fires and emergencies, but his role also focuses on strategizing and planning for the department's future and determining how it fits within the community. “LRCC has helped shape the fire services programs across New Hampshire. So many people that went through LRCC's program are at the top of their fields. It's a huge distinction to say you started there,” he said. LRCC's fire services program is recognized by the United States Fire Administration through

the Fire and Emergency Services Higher Education Program and is currently ranked #4 out of 221 programs in the United States. To learn more about LRCC's fire services and fire protection programs, visit the college's Web site: lrcc.edu. Lakes Region Community College is a fully-accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves more than 1,200 students annually, and offers housing options for students. LRCC offers more than 40 degree and certificate programs, including Automotive and Marine Technology, Fire Science, Nursing, Culinary Arts, Business, Accounting, and more. In addition, LRCC provides a strong background in Liberal Arts for students who choose to complete their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit lrcc.edu.

Gilford Rotary hosting drive-thru chicken BBQ



Gilford Rotarians in action at the Chicken BBQ Premier.

ENCORE! The Gilford Rotary Club will host their second public Drive-Thru Chicken BBQ this Wednesday July 28, 4-6 p.m., at Fireside Inn & Suites 17 Harris Shore Rd. in Gilford. The first BBQ was an early sell-out so come early! The cost is just \$18 for each meal and includes Half BBQ Chick-

en, Homemade Baked Beans, Coleslaw, Bottled Water, and a Wicked Whoppie Pie for dessert. All proceeds benefit the many charities the Gilford Rotary Club supports throughout the year. Any questions can be directed to Don Clark at 455-9909. Gilford Rotary is an organization of business

and professional men and women who have accepted the ideal of service as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. at the Gilford Community Church Fellowship Hall, Potter Hill Road, Gilford.

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Summer is a great time to manage stress

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before Old Man Winter heads back into the neighborhood. Many people who suffer from “burnout” welcome the longer days and warmer weather, however sometimes these three months of frisbee throwing and hanging by the lake aren’t enough.

With the go, go, go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers.

If work is taking its toll on you, you may need to make some changes there. Experts say that oftentimes, simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out.

Managing stress properly is huge; however, not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are over working themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. Point blank, if they can put a man on the moon, you can find the time to put yourself first without letting your job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms but often, a week isn’t enough time to truly combat burnout. If you are at a severe risk of burning out, experts say to stop working for at least two weeks and cut yourself off completely from the office. According to those in the know, they say most employers will understand that this break will result in a better employee after they return. If two weeks isn’t in the cards, at least take one day a week to yourself with no phone calls, no emails or anything work related.

Finding a release is imperative, whether it’s going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability.

Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We’re not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane, they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary, and you need to protect it.

Oftentimes, people take better care of their vehicles than they do themselves. To keep a car running smoothly, you need to upkeep with maintenance, use top of the line fuel and keep the miles low.

In the book “Don’t Sweat the Small Stuff, and It’s All Small Stuff” by Richard Carlson, he talks about how when you die, your ‘In Basket’ won’t be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this he says we put off having fun or spending time with loved ones. Keeping a full ‘In Basket’ means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die there will still be things left to finish, and that someone else will do it.

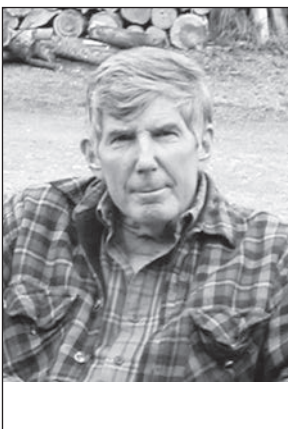
It’s one thing to read tips, and take advice from others, but it’s another thing to remember what you’ve read, and to put those words into action.



COURTESY

Craft fair returns to Tanger Outlets this weekend

Don’t miss the Summer Fun Craft Fair at Tanger Outlets in Tilton on July 24-25, Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. There will be more than 80 fabulous exhibitors, including beautiful soy candles, handsome leather jewelry, wooden crafts, amazing nuts & bolts artistic creations, scarves, books with autographs, custom family photography, doll clothes, fabric creations, handcrafted tiles, wreath designs, handmade soaps, string art, gourmet foods, New Hampshire maple syrups, gourmet honey, amazing animal photography, decorative lanterns, fine art, florals, sublimation tiles & trivets, and lots more! Rain or shine under canopies - friendly, leashed pets welcome! Located: 120 Laconia Rd., Tilton, Exit 20 off I-93 & bear left. For more information, call Joyce at 387-1510. See you there!



By JOHN HARRIGAN
COLUMNIST

Imagine that you are playing a round of golf. Other than that, you are relatively sane.

Then, on the 7th fairway, you come upon a big, wide, hole in the ground. Having hit, say, a nice eight-iron over the hole, you putt out and trudge over toward the eighth tee--and just to the right, there’s another big hole in the ground.

Having finished Number Eight, you head on over to the 9th tee--and yup, there’s another hole in the ground. This time, you could park a couple of 18-wheelers down there. You can see the green, all right, way to the west, by the equipment barn. But in between you and the green is this big, wide hole.

It is the abyss.

From the bottom of the hole, even a tall person cannot see the flag. Therefore, he cannot see

NORTH COUNTRY NOTEBOOK

An ice-sheet one mile thick bulldozed everything in sight



COURTESY

A classic kettle hole pond, filling in from its edges of sedges. Eventually the center becomes a quaking bog, and over time (a lot of time), it fills in. (Courtesy NH State Parks)

the green. Therefore, he cannot see the two sandtraps guarding the approaches to the green.

In fact, he cannot see any of the topography leading to the green, because from the bottom of the hole all he can see is sky. He cannot see even the tops of trees marking where the green might be. Looking skyward, he can see the odd crow, maybe a raven. A raven will peer down, with a curious eye: “What are you doing down there, in a hole, on a hole?”

Geologists and soil scientists say the ice was a mile thick. The advancing ice dragged rocks and boulders along, creating striations in the bedrock atop Mount Washington,

by little ridges, like the rims of teacups.

The most recent glaciers began pushing south about 18,000 years ago, and eventually locked up so much of the Earth’s water that sea-levels dropped more than 100 feet. The theory is that this revealed the Bering Strait land bridge, which enabled the peopling of the Western Hemisphere. There are diverging opinions about all this.

Geologists and soil scientists say the ice was a mile thick. The advancing ice dragged rocks and boulders along, creating striations in the bedrock atop Mount Washington,

6,288 feet above sea-level. As the glaciers melted, they dropped boulders called glacial erratics, often many miles south of what they once called home.

Pieces of ice fell off the faces of melting glaciers 14,000 (or so) years ago. Gravel and silt covered the massive chunks of ice, which eventually melted, leaving the kettle holes.

There are hundreds of kettle holes scattered around northern New England, many of them forming the lakes and ponds we see today. The Lincoln-Plymouth-Concord area is considered the epicenter of New Hampshire’s kettle holes.

Billy Haynes, my brother Peter, and I knew about the hole on the 9th fairway before we ever picked up a golf club, which all of us eventually did.

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

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~ Comfort Keepers ~

Pneumonia in seniors: Prevention and treatments

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

There are many benefits that come with getting older, and there are also factors to be aware of when it comes to our health and wellness.

As we age, our body’s natural defenses become less reliable, and as a result, seniors are more susceptible to infection - including pneumonia. Pneumonia is an infection that affects one or both lungs and can range from mild to severe.

The additional steps that older adults take to protect their health can have long-lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why pneumonia is more common in seniors

Changes to the lungs as we age: Because of changes to the respiratory system that happen with age, seniors can’t always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

Weakened immune systems: A senior’s immune system has a harder time fighting off infection. And, some health issues can have an even greater negative effect on a senior’s ability to fight off an infection – issues like an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use.

Senior health conditions: Diabetes, Parkinson’s disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic

obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia.

Signs of pneumonia

Symptoms can include coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia treatments

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen,

pain relief and medical support.

Reducing the risk of pneumonia in seniors

Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:

Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.

Practice good hygiene: Wash hands regularly or use an alcohol-based hand sanitizer.

Don’t Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a signifi-

cant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs’ defense mechanisms become compromised.

Practice a Healthy Lifestyle: Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk of pneumonia.

Comfort Keepers® can help

Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that

clients have the means to find the joy and happiness in each day, regardless of age or acuity.

About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

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

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

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

Great Waters welcomes Saturday Night Fever to region with The Australian Bee Gees Show



MOULTONBOROUGH — It’s Saturday Night Fever on July 24 with The Australian Bee Gees Show – A Tribute to the Bee Gees, brought to the Lakes Region by Great Waters. The show starts at 7:30 p.m. and will be held at the Castle in the Clouds. Tickets are available at www.greatwaters.org or call 569-7710.

One of the most successful and adored acts in musical history is recreated in a 75-minute multimedia concert, an experience unlike any other. The audience will hear hits like “Staying Alive,” “You Should Be Dancing,” “How Deep Is Your Love,” and “Jive Talkin’,” all while under the New Hamp-

shire summer sky on the grounds of Castle in the Clouds.

The performers’ authentic take on the trio’s clothes, style and moves showcase five decades of the Brothers Gibb’s success as rock and disco legends, while audiences groove to their memorable music and are immersed in the disco era.

Doug Kiley, Executive Director of Great Waters, states, “We are excited to welcome The Australian Bee Gees to our stage. With Vegas reopening to major acts and big crowds, we are so glad The Australian Bee Gees decided to make the trip all the way to the Lakes Region.”

About Great Waters
Since its founding in 1995, Great Waters, a 501(c)(3) non-profit or-

ganization, has become recognized as the pre-eminent provider of entertainment to the Lakes Region. It offers a diverse range of musical genres, including folk, classical, a cappella, jazz, Broadway, pop, bluegrass, and other forms of enriched entertainment, including comedy. For tickets and more information, visit www.greatwaters.org.

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Annual Loon Census to be held on July 17

MOULTONBOROUGH —The Loon Preservation Committee (LPC) will conduct its annual loon census on July 17 from 8-9 a.m.

The Loon Census began in 1983 as a way for LPC to bolster its season-long efforts to monitor the presence, abundance, and breeding success of loons by engaging members of the public in its work. During that hour, LPC staff and hundreds of volunteers throughout the state will take to the lakes to count loons.

“The Loon Census is a valuable part of our annual data collection,” said LPC biologist, Caroline Hughes. “It helps us to get a good count of the number of paired, as well as unpaired, adult loons and loon chicks that are present in our state.”

Unpaired adult loons are those that do not develop a bond with a mate and defend a territory in a given year. Because they are not tied to a particular lake, they may

spend time on many lakes, making it more difficult for biologists to get an accurate count during their surveys.

“During the census, we have hundreds of volunteers surveying hundreds of water bodies at the exact same time, which helps us to get a snapshot in time of our loon population and nail down exactly how many of those unpaired adults we have in the state,” Hughes said.

The Loon Census also helps LPC to monitor the progress of known loon nests, discover previously unknown nests, check on the survival of chicks that have hatched in the previous weeks, and detect new loon chicks that may have hatched since biologists last surveyed a given water body. Census results are incorporated into LPC’s summer-long monitoring, the results of which will be given in an end-of-season presentation livestreamed on the organization’s YouTube channel on Aug. 26.

New Hampshire’s Loon Census is part of a much larger regional effort—at the same time that biologists and volunteers are setting out on New Hampshire lakes, counterparts in Maine, Vermont, and New York will be out do-

ing the same. Those who would like to take part in the New Hampshire segment of this region-wide effort to count loons should contact the Loon Preservation Committee at 476-5666 for more information.

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Edward Jones: Financial Focus

The right emotions can be useful in investing

You may have heard that it’s important to take the emotions out of investing. But is this true for all emotions? Certainly, some emotions can potentially harm your investment success. Consider fear. If the financial markets are going through a down period – which is actually a normal part of the investment landscape – you might be so afraid of sustaining losses that you sell even the investments that have good prospects and are suitable for your needs. Greed is another negative emotion. When the financial markets are rising, you might be so motivated to “cash in” on some big gains that you will keep purchasing investments that might already be overpriced – and since these investments are already expensive, your dollars will buy fewer shares. In short, the combination of fear and greed could cause you trouble.

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

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

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But other emotions may prove useful. For example, if you can channel the joy you’ll feel upon achieving your investment goals, you may be more motivated to stay on track toward achieving them. To illustrate: You may want to see your children graduate from college someday. Can you visualize them walking across the stage, diplomas in hand? If so, to help realize this goal, you might find yourself ready and willing to contribute to a college savings vehicle, such as a 529 plan. Or consider your own retirement: Can you see yourself traveling or pursuing your hobbies or taking part in whatever activities you’ve envisioned for your retirement lifestyle? If you can keep this happy picture in mind, you may find it easier to maintain the discipline needed to consistently invest in your IRA, 401(k) or other investment accounts. Another motivating force is the most

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powerful emotion of all – love. If you have loved ones who depend on you, such as a spouse and children, you need to protect their future. One key element of this protection is the life insurance necessary to take care of your family’s needs – housing, education and so on – should something happen to you. Your employer may offer group life insurance coverage, but it might not be sufficient, so you may want to supplement it with your own policy. Furthermore, you may need to protect your loved ones from another threat – your own vulnerability to the need for long-term care. Someone turning age 65 today has almost a 70% chance of eventually needing some type of long-term care, according to the U.S. Department of Health

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and Human Services. This type of care, such as an extended nursing home stay or the help of a home health aide, is extremely expensive, and, for the most part, is outside the reach of Medicare. So, to pay for long-term care, you might have to drain a good part of your resources – or depend on your grown children for financial help. To keep your financial independence and avoid possibly burdening your family, you may want to consult with a financial professional who can recommend a strategy and appropriate solutions to cover long-term care costs. By drawing on positive emotions, you can empower yourself to make the right financial moves throughout your life.

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Children’s Auction names Holly Andrews an Auction Champion



Holly Andrews

LACONIA—Holly Andrews has a Children’s Auction wardrobe. She pulls it out every December for the event, wearing a different holiday dress or festive piece of clothing each of the five days she volunteers.

In 2020, Andrews even had a holiday mask with matching headband.

The garb the Meredith resident wears to her shifts at the Greater Lakes Region Children’s Auction is only a small piece of the pleasure she gets out of being a long-

time volunteer, though. She loves the event’s hustle and bustle—the clanging of the cow bells, the jingle bells, Santa hats, and the high spir- its that come with doing something for the good of community.

“I love the Auction because it recharges my charitable batteries for the year,” Andrews says. “I really get filled up with giving back during that time.”

Back in 1993, when Andrews first volun- teered for the Auction,

she was working at Mer- edith Village Savings Bank, and she was preg- nant with her first child. The bank held a raffle of sorts for employees who wanted to volunteer for a time slot; the bank paid them for the hour they spent. Andrews was interested and put her name in.

For many years, when Andrews was a bank teller, she volunteered in this way and worked either as a cashier or on the phone bank. As her two children grew, she got them involved in the Auction as well. Heather and Kyle went shopping with Andrews, and they purchased items to donate. Heather later at- tended the Huot Career and Technical Center and helped run the video cameras at the event.

“She really loved that,” Andrews remem- bers, noting both kids are grown now.

Andrews works for New Hampshire Mutual Bank Corporation now, and her area of expertise is in IRAs and health savings accounts. Each year, she takes a week of vacation and works as a cashier with Jennifer McGreevy.

Because her work skills do not involve a lot of math, Andrews appre- ciates the computer.

“People assume I’m good at math, but really,

the computer is my life saver,” she says.

This year, given the COVID-19 pandemic and the scaled back atten- dance it forced on the Auction and its volun- teers, Andrews worked alongside McGreevy, Diane Alting, and Lisa Cornish in the box office building at the Bank of New Hampshire Pavil- ion. Other volunteers were in a separate build- ing at the pavilion space, and McGreevy ran back and forth between the two.

“It was different,” An- drews says, explaining that with the COVID-19 restrictions, people could not gather live. Still, the community took part in a lively way, and the results show it.

“I was blown away by the amount of mon- ey that was raised,” she says. “I thought for sure it would be much low- er than it was. We had no idea how the system would work, and if com- munity members would be spending money. I thought the outcome was fabulous.”

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

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Minds in Motion “KIKO.962 Robot Workshop!” The Gilford Parks and Recreation Department is Sponsoring a workshop through Minds in Motion for children ages eight to 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 detect- ing, obstacle-exploring robot has spent life travel- ing 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. KIKI.962 has two pre-programed modes (Follow-me and Explore) and scans its sur- roundings by using AI (artificial intelligence), I/R (infrared sensor), and six legs which allow it to turn 360 degrees and seamlessly complete obsta- cles! 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 de- velops its own emotions and gestures! Create chal- lenging 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 on-line at www.gilfordrec.com Cost: \$115 per participant

For more information, 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 Web site at www.gilfordrec.com. Cost: \$135 for ages six to 12 and \$70 for ages three to five

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

New Hampshire Mutual Bancorp welcomes Susan Ordway as Vice President, Digital Banking Officer

MEREDITH — Susan Ordway has joined New Hampshire Mutual Bancorp (NHMB) as Vice President, Digital Banking Officer. In this position, Ordway will manage the Digital Banking department and oversee online and mobile banking services for customers of Merri- mack County Savings Bank (the Merrimack), Meredith Village Sav- ings Bank (MVSB) and Savings Bank of Walpo- le. In addition to these responsibilities, Susan will also play an import-

ant role in researching and developing emerg- ing technology as part of the banks’ continual ef- forts to offer the latest in digital banking options for customers.

“In today’s world, it’s critical that we provide the same exceptional service online as our customers expect in per- son at our community banks,” said Sara Lauze, Senior Vice President, Operations Officer for NHMB. “Susan’s exten- sive experience and her passion for learning will



Susan Ordway

make her a wonderful asset to this growing and fast-paced team.”

“NHMB’s reputation as a friendly, positive and supportive work environment drew me to

the company and I am excited at the opportuni- ty to put my experience to work in this challeng- ing and exciting role,” said Ordway.

Ordway has more

than 25 years of bank operations experience, including roles in digital banking, deposit oper- ations, call center, and project management. Before joining NHMB, she most recently served as Assistant Vice Presi- dent, Deposit Operations Officer at Sugar River Bank. Susan is a gradu- ate of the New England School for Financial Studies at Babson Col- lege and has earned the Accredited ACH Profes- sional designation.

Ordway has served as a member of the Board of Directors for Orion House in Newport for eight years and most recently held the role of Secretary/Treasurer. She has also volunteered her time at the Newport Historical Society and Community Alliance.

New Hamp- shire Mutual Ban- corp (NHMB) was cre- ated through a unique alliance between three mutual community banks and a wealth man-

agement firm who main- tain separate organiza- tions and management. The companies are able to achieve best in class software, services and staffing while provid- ing efficiencies through their shared service provider, NHMB. NHMB provides risk manage- ment, facilities, market- ing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Mer- edith Village Savings Bank, Merrimack Coun- ty Savings Bank, Sav- ings Bank of Walpo- le and NHTrust. This strategic partnership has positioned the banks to leverage each other’s strengths as they work together to advance a shared vision of main- taining and enhancing community banking standards and values. NHMB combined as- sets total more than \$2.8 billion. For more infor- mation, visit nhmutual.com.

Concord Hospital offers Everyday Living and Diabetes classes

LACONIA — Concord Hospital - Laconia is excit- ed to offer a free four-week Everyday Living & Dia- betes classes in person and virtually this summer.

The in-person sessions will run on Wednesdays beginning July 14 from 10-11:30 a.m., and a second session will run on Wednesdays beginning on Aug. 25 from 9-10:30 a.m. The virtual classes will be offered on Wednesdays beginning July 14 from 3-4:30 p.m. and on Wednesdays beginning Aug. 25 from 2-3:30 p.m. The online class requires participants have ac- cess to the internet and have an e-mail address.

Those attending will learn skills for living a healthy life with diabetes. Learn to set goals for im- proving your diabetes with topics including manag- ing blood sugar levels, healthy eating, physical ac- tivity, relieving stress and more.

Registration is required for these classes. Please call Concord Hospital - Laconia Community Educa- tion at 527-2948 or e-mail communityed@lrgh.org for more information or to register.

PETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He’s an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn’t a big fan of other dogs or cats, so he’s seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he’s still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a perscription diet for the rest of his life.

If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



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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 impli-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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Frank Sinatra tribute comes to Lakeport Opera House July 30



LACONIA — Take a step back in time with the ultimate Frank Sinatra experience, starring Brian Duprey, in an intimate performance at the Lakeport Opera House on July 30 at 8

p.m. Known as the only Sinatra tribute show that captures the look, the moves and the iconic, crooning voice of Ol’ Blue Eyes himself, this tribute show is full of classic hits, a special guest and a swinging seven-piece band that recreates concerts from the ‘50’s and ‘60’s.

“Brian is the real deal, and we are excited to bring a Las Vegas show to Laconia,” said Emma Teto, Lakeport Opera House talent director. “Guests will be wowed by his performance. His voice and mannerisms are the closest you’ll ever hear and see to Frank Sinatra in his prime and guests will leave thinking they were at one of his shows.”

At least that is what happened to Sinatra’s own daughter, Nancy Sinatra, when she first heard Duprey’s voice on the Howard Stern Show and thought she was listening to her father. Duprey, who is from

Rhode Island, has been performing Sinatra and Rat Pack shows for more than 15 years but has spent a lifetime studying and perfecting his craft. He has performed more than 5,000 shows all over the country including in Las Vegas and Atlantic City.

“Frank Sinatra’s persona fits me like a glove,” said actor, singer, writer and producer Brian Duprey. “I used to listen to him growing up with my grandmother, who is now 93-years old and a big fan, and imitate his voice. It continued as a past-time at karaoke bars where I became more comfortable singing like him and then I morphed into looking and acting like him as well.”

Duprey’s show will include Sinatra’s most well-known hits like “Luck Be A Lady,” “Come Fly With Me,” “The Way You Look Tonight,” “Strangers In The Night,” “New York,

New York” and more. There will be a special appearance by Duprey’s wife, Jami, as Marilyn Monroe singing some of her most famous classics. Duprey and Jami met while performing together in a Rat Pack show 10 years ago. Both performers will be available for an interactive meet and greet and pictures after the show.

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. More than \$1 million was invested in the Opera House renovation which opened in June after being closed for 60 years. Originally built in 1882 and reopened in Jun 2021, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is once again home to live mu-

sical 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.

Upcoming performances include: ABBA Tribute on July 17, A Night of Local Stars on July 23, Frank Sinatra Tribute on July 30, Billy Joel Tribute on July 31, comedian Steve Sweeney on Aug. 5, Recycled Percussion on Aug. 6 & 7, medium Maureen Hancock on Aug. 8, An Evening of Opera on Aug. 13, a Michael Jackson Experience on Aug. 14, Murder Mystery on Aug. 22 and Femmes of Rock on Aug. 28.

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

Students grades 6 to 12 get creative at 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 from six to 12.

Professional artist, and President of the LRAA, Tom Hitchcock, will teach Summer Art Camp, which begins Monday, July 26 at 9 a.m. Two classes per week, Monday and Wednesday, 9 to 11 a.m. at the LRAA Fine Art Gallery at the Tanger Outlets, Suite 300. Hitchcock will focus on teaching several art disciplines including: pencil drawing, composition, perspective, design, color and light and painting with acrylics. His teaching will also include some Art History and instruction to help build an appreciation of the fine art.

Tom Hitchcock’s background in art, and his curriculum for teaching art was developed over many years of his professional career starting at Syracuse University Fine Art School. His professional experiences have been in the real world of art and design, graphics, photography, illustration, creative thinking, marketing and advertising.

“I want to pass on what I have learned to help students willing and eager to learn how to develop their own artistic abilities 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.’

To register, call Hitchcock at 496-6768.

St. John’s celebrate the Christmas story this weekend

GILFORD — At St. John’s-on-the-Lake this week, we will hold a Lessons and Carols service: a retelling of the Biblical story of Christmas accompanied by the singing of many carols.

The inspiration for this service was a gathering of board members who sang and recorded carols for sharing on our sites in December. What joy to sing these with our summer friends.

The carols were both familiar and, in an unusual time and place, also fresh and new.

A further inspiration is the Lessons and Carols tradition of Truro, England, from the late 19th century. Usually held Christmas Eve, it was also held at the close of World War I as an acknowledgement of the losses from the war.

The Christmas story is one of hope, promise,

and possibility, one that reaffirms God’s appearing on Earth. This message is most welcome now, after the experiences of the past 16 months.

St. John’s is a summer chapel located on Bear Island on Lake Winnepesaukee. It was built in the summer of 1927, and the first service was held the same year. It can be reached from the docks in Deep Cove; there is also a boat taxi service from Cattle Landing. Contact bear.island.church.ferry@gmail.com. All are welcome, as are well-behaved dogs. For more information, see our Web site www.stjohnsonthelake.com.

Gilmanton Historical Society presents “Music in My Pockets” July 27



COURTESY Jeff Warner brings Music in My Pockets to the Gilmanton Historical Society on Tuesda, July 27, 7:30 p.m. at the Old Town Hall in Gilmanton Iron Works.

GILMANTON — Three summer programs are scheduled by the Gilmanton Historical Society: Music in My Pockets with Jeff Warner on July 27, History of Gilmanton’s Kitchen Family on Aug. 24, and History of Gilmanton’s Jones’ Mills on Sept. 28. The programs will be held at Old Town Hall in Gilmanton Iron Works, beginning at 7:30 p.m.

The season’s opening program, “Music in My Pocket,” brings Portsmouth musician Jeff Warner using “pocket instruments” like spoons and dancing puppets to show us how American families, before the advent of electricity, gathered around the hearth and entertained themselves with

songs and stories. Social hour begins at 7 p.m.; the program begins promptly at 7:30 p.m.

The Society’s Museum, at Old Town Hall, will be open now through August every Saturday from 10 a.m. until noon. Curator Lori Baldwin is working on digitizing much of the collection, beginning with vintage postcards and photographs. The

Society, partnering with the Gilmanton Conservation Commission, is working on development of a farm museum at the Twigg Barn on Meetinghouse Road. It will house the growing collection of agricultural implements.

For more information check out the Society’s Web site: gilmantonhistorysociety.org.



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SUNUNU

(Continued from Page A1)

busy, and everybody was happy to be here, but we had to put new systems in place to make sure COVID didn't come into our facility," Glenn said.

Michele said putting in new COVID guidelines was "the hardest thing to do." They put in new protocols and so far, only four people out of 30 in the company were diagnosed with COVID-19.

Because of its work in the aerospace industry the company was considered an essential business and couldn't temporarily shut down. They also had to maintain a certain staffing level to keep its ISO 9100 certification. None of the jobs could work from home, including the office staff.

They ran on a four-day work week with staff working 10 hours a day. Office staff were furloughed every Friday and as a result were eligible for the additional \$600 a week in unemployment.

The company got another big helping hand from the Main Street Relief Fund.

"Without the Main Street monies and without the PPP, we would not be here right now," Glenn said.

Gradually, the company started to get back to normal and the furlough ended. Glenn said they're seeing quote packages they haven't seen in a long time and longterm agreements being dedicated to them.



Glenn and Michele Welch of Welch manufacturing Technologies in Laconia show Gov. Sununu their company's different parts and products.

By the first quarter of 2021 the company was 50

percent of where it was in 2019 and by the second quarter it was at 75 percent of those numbers. Glenn said they anticipate being back to 2019's numbers by the second quarter of 2022.

The Welch's said Sununu's guidance and weekly press conferences helped immensely.

Sununu said he asked each industry to write their own safety guidelines.

"Long-term, I think we had a strategy to find balance, to keep things open at a decent level but also provide the safety," Sununu said.

He said he initially didn't have a full appreciation for how many workers wanted some

kind of guidelines in place to protect them when they went back. As a result he let each industry write their own guidance based on what worked best for them, including the manufacturing industry. He also worked in collaboration with state epidemiologist Benjamin Chan and Department of Health and Human Services Commissioner Lori Shabinette. He said while their mission was purely public health, he wanted to find a balance.

Sununu said it was amazing to visit these businesses and see how the funding helped them. He said when they came up with the program they wanted to make it as flexible as possible and understand that all the businesses would use the funding differently.

"To be here today to see that the business is not only doing well but thriving," Sununu said. "To see the individuals, especially all these work-

ers that were able to stay employed, that were able to stay have some security, have some economic security for themselves and their families."

He said all the businesses he's visited are all different but have similar themes of how the funding allowed them to get by in the tough times and get back up and take advantage of the economic recovery.

Sununu also said they wanted to provide guidelines for safety but make it clear they weren't going to "come down with an iron fist."

"We're a state of personal and individual responsibility, businesses handled it really, really well," Sununu said. "They knew what they were doing and for the most part we were able to trust in them to make sure they were keeping their employees safe because they wanted them around for the second hour of recovery that we're seeing."



Gov. Chris Sununu with Michele and Glenn Welch of Welch Manufacturing Technologies showing a t-shirt for their division Bite Harder.

RAFT

(Continued from Page A1)

At the beginning of the season the board decided to remove the raft from the water.

Normally 15 lifeguards would be available, but this year they only have five at the moment plus the beach manager. The board voted to increase the base pay for lifeguards to \$13 an hour in hopes of getting more prospects. Despite the wage increase, Parks and Recreation Director Herb Greene said they only got a few responses.

Board chair Gus Benavides said with 1,700 feet of beach covered by only around five lifeguards, they made the decision to pull the raft for the season.

Town Administrator Scott Dunn forwarded

the petition to Greene, who also passed along statistics regarding rescues at the raft.

From 2006 to 2020, 79 people had to be rescued or assisted by lifeguards. Of all these incidents 74 involved people going to, coming back from, or swimming around the raft.

"Roughly 93.67 percent of all water incidents had to do with the raft," Greene said.

Benavides said all these incidents happened when 15 lifeguards were on staff, now there are only five.

"That's the number one thing being affected for rescues that's why we made that tough decision to remove the raft," Benavides said.

Rick Nelson, Chair of

the Recreation Commission, said there would normally be a guard on the raft.

"We have a lot of issues with kids diving under the raft," Nelson said. "The guard who was on the raft would keep track of those kids as to their whereabouts."

Nelson said he met with fellow board member and a staff member at the beach about the petition and observed several kids were there unaccompanied.

Nelson said the petition states that one of the reasons to keep the raft in is because kids who aren't swimming to and from the raft are more likely to be vandalizing the beach. Another is that the town is insured

against liability in case someone does get hurt. Nelson said safety is way more of a concern in either case.

The selectmen agreed to keep the raft out of the water. Selectman Chan Eddy addressed the question if this is a matter of liability.

"It's a liability the town isn't willing to take on," Eddy said. "If we don't have the staff to protect the swimmers down there then this is an action we had to take to protect the town."

Eddy said the lifeguard shortage isn't just an issue in Gilford but across the country. He said he has relatives in Florida who say this is also an issue on their beaches as well.

CLEANUP

(Continued from Page A1)

don't directly benefit from services like road work, the school system, and others.

"We're not asking for more things, but the Island Cleanup Day is a very important day to islanders," Fairman said.

He said many island residents are seniors, don't have access to equipment to get rid of their trash and unwanted materials, and there

are strict rules on what can be put in the dumpsters at Glendale.

"If you do have a hearing, the Gilford Island Association will have a long line of speakers speaking for the Cleanup Day," Fairman said. "It is a very important day. We want you to continue that service. It's one of the few things that we ask in return for our tax dollars."

TRAFFIC

(Continued from Page A1)

Public works director Meghan Theriault and Lt. Dustin Parent of the Gilford Police Department reported back to the selectmen with some findings during Wednesday's meeting.

Theriault said they changed the speed signs and purchased "Share the Road" signs.

She said they are also looking at "Share the Road" signs and also painting "sharrows," or arrows with the image of a bicycle indicating the presence of bikes in the road.

The department is

also planning to put in yellow lines in the center of the road, but the paint itself is scarce right now. After some discussion between the selectmen, Theriault, and Parent, the decision was made to put in a single yellow stripe in the middle of the road as well as white fog lines on either side.

"I think the combination of trying to sign and stripe a little better police enforcement education hopefully the issue would tone down a little bit and we could revisit it," Theriault said.

Parent said the traf-

fic study indicated that out of 5,079 vehicles that traveled down Scenic Drive from July 4 to July 12, 53 percent were going over the speed limit. On Belknap Point Road 8,585 vehicles passed down that road and around 60 percent were going at some speed above 25.

The radar indicated more than 25 percent were at or below the speed limit, 19 percent were going 31 to 35 miles per hour, and less than one percent each were going from 36-40 and above 41.

Selectman Gus Be-

navides said it was interesting that a number of residents said they didn't think anyone was speeding on the road while a number of others said they noticed cars going faster.

"It's tough because we're just regular residents; we're not experts on how to analyze how quickly a car's going, but the reality is, this is an impartial machine it is showing us that people are speeding on that road," Benavides said.



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Almirola wins shortened Foxwoods Resort Casino 301



KATHY SUTHERLAND

DENNY HAMLIN spins in turn one early in the Foxwoods Resort Casino 301 on Sunday in Loudon.



KATHY SUTHERLAND

MARTIN TRUEX JR.'s crew works on his car after an early incident in Sunday's race at New Hampshire Motor Speedway.



KATHY SUTHERLAND

ARIC ALMIROLA raced to the win in Sunday's Foxwoods Resort Casino 301.



KATHY SUTHERLAND

HENDRICK MOTORSPORTS teammates Alex Bowman (48) and William Byron (24) race in Sunday's race at New Hampshire Motor Speedway.

LOUDON — Aric Almirola raced Mother Nature, daylight and the NASCAR Cup Series (NCS) field to claim his first win since 2018 in a wild Foxwoods Resort Casino 301 at New Hampshire Motor Speedway (NHMS) and a berth in the 2021 NCS Playoffs.

“That’s what a race car driver lives for,” the 37-year-old Tampa, Fla. native said after the race. “For so long, I’ve been so close to winning

at places like here, like Dover. We have been fighting, scratching, clawing. It feels so good to have that pay off.”

Following a red flag for rain that delayed the race for an hour and 41 minutes, Almirola powered his number 10 machine from his 22nd place starting spot into the top five by the end of the second stage. In the final stage, Almirola battled past Brad Keselowski, Denny Hamlin

and Kevin Harvick – who have combined for nine wins at “The Magic Mile” – to take the lead. After leading the final 20 laps, NASCAR officials called the race eight laps shy of its scheduled distance due to darkness.

Christopher Bell, who dominated Saturday’s Ambetter Get Vaccinated 200 NASCAR Xfinity Series race on the 1.058-mile track, nearly pulled off the weekend sweep, finishing second.

“I didn’t know how many laps they cut us short, but when I saw the board and how many laps we had left, it stings,” Bell said. “If I was able to get to him, I think I had something for him. We were really good right there at the end of the race.”

Keselowski, Joey Logano and Ryan Blaney rounded out the top five.

The race, NHMS’s 50th Cup Series showdown, was marked by six cautions – including the red flag for rain – for a total of 47 laps.

The Foxwoods Resort Casino 301 trophy marks the third win of Almirola’s NCS career and the first not on a superspeedway. With the win – the first for Stewart-Haas Racing this season – Almirola earned a spot in the NASCAR playoffs.

“This is by far one of my favorite racetracks,”

Almirola said. “I know what I want out of the race car here. I know what to ask for in adjustments. Everything kind of lined up perfectly, we had a fast race car and we were – finally – able to capitalize on that.”

Prior to the win, Almirola was 27th in points. Unofficially, Tyler Reddick now sits in the 16th and final Playoff spot, with Austin Dillon just five points behind.

The red flag, which

came just a seven laps into the race, was put out after polesitter Kyle Busch and fellow front runners Martin Truex Jr. and Hamlin went around in turn one due to the wet track conditions and Mother Nature kept the race halted for more than an hour and a half. Busch got the worst of the incident and his car left the track after the accident, while Truex Jr. and Hamlin returned to the track.



JOSHUA SPAULDING

CREWS BEGIN the process of taking the covers off the cars on pit road prior to Sunday's race in Loudon.

St. Vincent de Paul launches 31st Annual Project Pencil program

LACONIA — The Children’s Foundation of the St. Vincent de Paul Society is pleased to announce its Annual Project Pencil Program.

During the past 31 years, Project Pencil has continued to help approximately 600 Pre-school, Elementary, Middle and High school age children each September. This program is designed to assist area school children by providing them with backpacks, lunchboxes, and other back-to-school supplies. Project Pencil benefits students in public, private and parochial schools, childcare centers, nursery schools, elementary, middle and high schools, in Laconia, Gilford, Belmont, Gilmanton, Meredith, and Tilton.

This year, school nurses have again expressed a great need for basic school supplies, along with personal hygiene items, under garments, and sweatpants for students of all ages. The pandemic has left many working parents still struggling to make ends meet. By working with the area school nurses, childcare center directors and guidance counselors, the Children’s Foundation provides children with the basic necessities and school supplies so that they may have a positive educational experience.

Backpacks and supplies will be delivered to the neighborhood schools during the second week of August. Families needing help may contact their child’s school for information regarding available pick up dates and times. All names are kept confidential.

Donations of basic school supplies are being accepted and can be dropped off at the Thrift Store during their new store hours. Thrift Store hours are Tuesday and Thursday from 10 a.m. to 4 p.m. and Saturday from 10 a.m. to 3 p.m.

Anyone wishing to make a monetary donation to help support Project Pencil can stop by the St. Vincent de Paul Thrift Store at 1269 Union Avenue in Lakeport (next to McDonald’s), or by mail to P.O. Box 6123, Laconia.

Local residents are Saint Michael’s College graduates

COLCHESTER, Vt. — The following local students graduated May 13 from Saint Michael’s College.

- * Callum Paul Bronson of Gilford with a Bachelor of Arts in Environmental Studies
- * Riley Ann Nichols of Gilford with a Bachelor of Science, Cum Laude in Biology

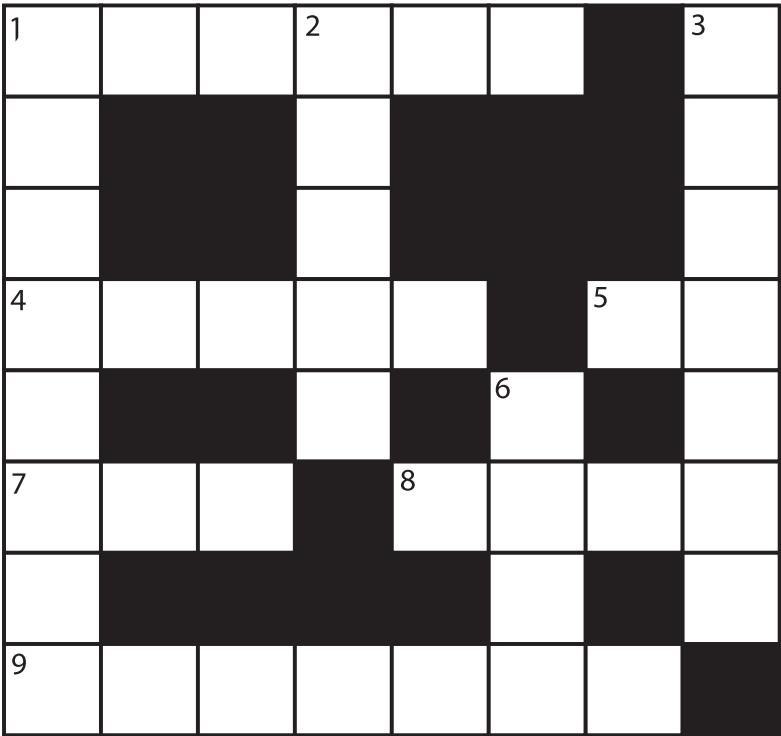
On a perfect day for its first outdoors Commencement since 1979, Saint Michael’s welcomed several hundred vaccinated and distanced guests as nearly 300 members of the still-larger 437-member Class of 2021 graduated during separate morning and afternoon ceremonies to meet state COVID safety guidelines. The graduates’ perseverance through a pandemic was a recurring theme in remarks from speakers at the two nearly identical 90-minute ceremonies, the morning one for those receiving bachelor of arts degrees, while the afternoon ceremony was for bachelor of science and master’s degree recipients. Including August/December 2020 graduates, degrees conferred to the Class of 2021 at the College’s 114th Commencement include: 91 master’s, 151 B.S.’s., and 195 B.A.’s. Of those, 305 were expected to attend the two Thursday ceremonies both of which were livestreamed so families or non-present graduates at home could watch via a College website link. Several hundred signed in to watch each livestream.

About Saint Michael’s College

Saint Michael’s College, founded in the great Catholic intellectual tradition, which also recognizes the principles of social justice and compassion, is a selective, fully residential Catholic college in Vermont’s beautiful Green Mountains. Our closely connected community delivers internationally-respected liberal arts and graduate education near Burlington, one of the country’s best college towns. To prepare for fulfilling careers and meaningful lives, young adults here grow intellectually, socially, and morally, learning to be responsible for themselves, each other and their world.



Crossword Puzzle



ACROSS

- 1. Metal frames on a grill
- 4. Cup-shaped spoon
- 5. Midwestern state (abbr.)
- 7. Writing fluid
- 8. Venison
- 9. Comes together

DOWN

- 1. Cooking food over a flame
- 2. Place to eat a meal
- 3. Chicken or turkey
- 6. Unpleasant emotion

Answers: Across 1. Grates 4. Ladle 5. IL 7. Ink 8. Deer 9. Gathers Down 1. Grilling 2. Table 3. Poultry 6. Fear

THIS DAY IN...



HISTORY

- 1861: CONFEDERATE FORCES WIN THE FIRST BATTLE OF BULL RUN DURING THE AMERICAN CIVIL WAR.
- 1949: THE U.S. SENATE RATIFIES THE NORTH ATLANTIC TREATY.
- 1970: THE ASWAN HIGH DAM OPENS IN EGYPT.



TRUE OR FALSE?
MARINATING FOODS THAT WILL BE GRILLED CAN REDUCE THE FORMATION OF CANCER-CAUSING CHEMICALS FROM FLAME-LICKED FOODS.

ANSWER: TRUE



CHAR

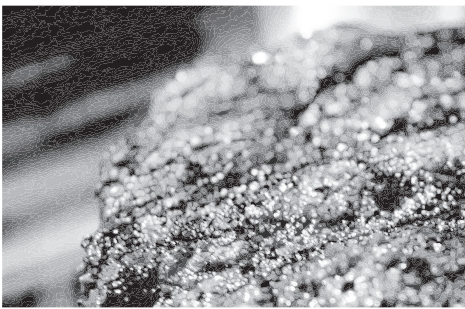
partially
burn to blacken
the surface



- ENGLISH: Grill
- SPANISH: Parrilla
- ITALIAN: Griglia
- FRENCH: Gril
- GERMAN: Grill



GRILLING COOKS FOOD DIRECTLY OVER HEAT, WHILE BARBECUING USES HEAT THROUGH CONVECTION OF HOT AIR. GRILLING IS FAST WHILE BARBECUING IS SLOW.



Can you guess what the bigger picture is?

ANSWER: GRILLED STEAK



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to parks.
Each number corresponds to a letter.
(Hint: 12 = S)

A. 12 5 8 16 20 12

Clue: Schoolyard ride

B. 12 14 11 3 22 12

Clue: Team play

C. 22 3 9 9 12

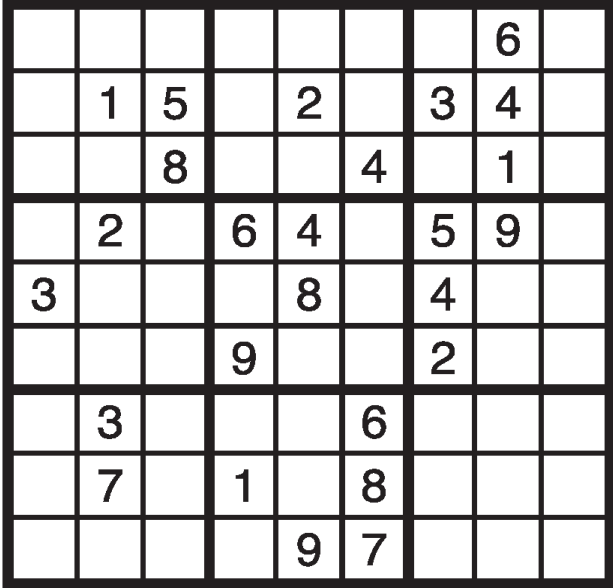
Clue: Plant with a trunk

D. 22 3 2 8 15 12

Clue: Walking paths

Answers: A. swings B. sports C. trees D. trails

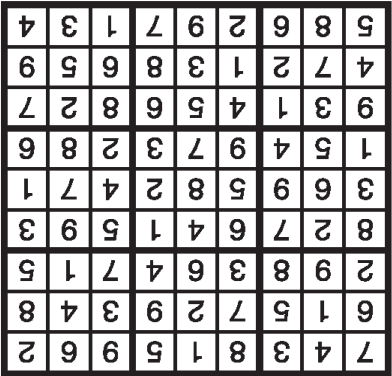
SUDOKU



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!



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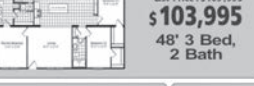
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One Light Theatre brings “Little Mermaid” to the stage

TILTON — Live theatre is back, and One Light Theatre is so excited to have the opportunity to perform once again! It’s been some time since many of us have stepped foot on stage before a live audience and we can’t wait.

This summer, One Light Theatre is striving to expand our community and reconnect with past members to share in the joy of performing. Theatre is a wonderful place to make friends and create memories that will last a lifetime. Community theatre brings in a wide range of talented people to share in the spotlight. There is so much to learn from one another, and our team

has been hard at work behind the scenes. Live theatre holds a very special place in the hearts of the One Light family, and we hope to share that love through our Summer Camp and Mainstage productions this summer!

Summer camp provides amazing learning opportunities alongside a supportive environment to discover kids’ interests and passions. We’re incredibly excited to once again work with young community members and introduce them to the world of theatre. One Light Summer Camp is performing “The Little Mermaid Jr.” with our campers. Camp will be held July 26 - July 30 from 8:30 a.m.-4 p.m. There’s



Anna Williams as Ariel in One Light Theatre’s Mainstage production of “The Little Mermaid.”

still time to sign up for our summer camp program, more information can be found on our Facebook page @onelighttheatreco or on our website onelighttheatreco.org. Two performances of “The Little Mermaid Jr.” will be held July 31 and Aug. 1 at 1 p.m. We hope to share our young campers return to the stage with the rest of our surrounding community for a fun trip under the sea!

Alongside our Summer Camp production, One Light Theatre is performing “The Little Mermaid” as our Mainstage musical show on July 29, 30 and 31 at 7 p.m. Our exciting return to performing is taking a splash into the bright and vibrant

world of a beloved Disney classic. Ready to laugh and celebrate with our community once again! Rehearsals are well underway with our talented cast excitedly jumping back into performing and bringing to life a story of wonder, love, and longing to explore the unknown. Tickets are on sale now for both productions and can be purchased via our website onelighttheatreco.org or by calling 848-7979. Come be a part of our world as One Light Theatre returns to the stage to do what we love best, share the beauty of theatre with our community.

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Maintenance Tech – 3rd shift
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Spray Painter – 1st, 2nd shift
Sander – 1st shift

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Sander 1st Shift - Starting Pay \$14.50

\$.75 per hour shift differential on 2nd shift.
\$1.50 per hour shift differential on 3rd shift.

****\$1,000 SIGN ON BONUS**
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Music of Billy Joel comes to Lakeport Opera House July 31

LACONIA — On July 31, it will be a New Hampshire state of mind as the music of Billy Joel takes over the Lakeport Opera House with David Clark’s Songs in the Attic at 8 p.m. This musical tribute incorporates piano, vocals, and an eerily similar stage look to the Piano Man himself while engaging the audience with wit and humor.

“Billy Joel’s songs are timeless,” said Tim James Everett, Lakeport Opera House venue director. “David Clark’s Songs in the Attic continues to gain notoriety with stunningly accurate piano playing and lead vocals combined with dynamic and high energy band perfor-

mances. For the many fans of the Piano Man, it’s a must-see event.”

Clark, a Long Island, N.Y. native, and doppelgänger will perform Billy Joel’s top hits on a baby grand piano including “Just The Way You Are,” “It’s Still Rock And Roll To Me,” “We Didn’t Start The Fire,” and “Tell Her About It” and so many more. Since the release of “Piano Man” in 1973, Billy Joel has had 33 Top 40 hits spanning three decades, all written by the man himself. He has been inducted into the Songwriters Hall of Fame and the Rock and Roll Hall of Fame among many other accolades.

The Opera House is a 200-seat venue 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. More than \$1 million was invested in the Opera House renovation which opened in June 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 once again 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.

Upcoming performances include: ABBA Tribute on July 17, A Night of Local Stars on July 23, Frank Sinatra Tribute on July 30, comedian Steve Sweeney on Aug. 5, Recycled Percussion on Aug. 6 & 7, medium Maureen Hancock on Aug. 8, An Evening of Opera on Aug. 13, a Michael Jackson Experience on Aug. 14, Rockphoria on August 19, Murder Mystery on Aug. 22 and Femmes of Rock on Aug. 28.




David Clark performing as Billy Joel. visit lakeportopera.com.

For more information on events and to purchase tickets in advance,

HELP WANTED

Help Wanted



Town of Gilford

P/T Recreation Program Assistant

The Gilford Parks and Recreation Department is looking for a year round, part-time (averaging around 28 h/p/w) Recreation Program Assistant. Position requires some evening and weekend work. Position will assist with the creation, implementation and supervision of recreation programs as well as supervise department facilities and volunteers. Qualified applicant should be energetic, have a positive attitude and a good working knowledge of athletics, recreational activities and facilities. The successful candidate will be required to pass a criminal background check. Starting pay rate of \$13.00-\$15.27 per hour, DOQ&E.

Please send resume and cover letter to Gilford Parks and Recreation, 47 Cherry Valley Road, Gilford, NH 03249, or call 527-4722 for an application. Applications will be accepted until the position has been filled. EOE.

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- Tech/Library Assistant (Full Time)
- Bus Drivers

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Taylor Community’s 2021 concert season features NHMF Winds

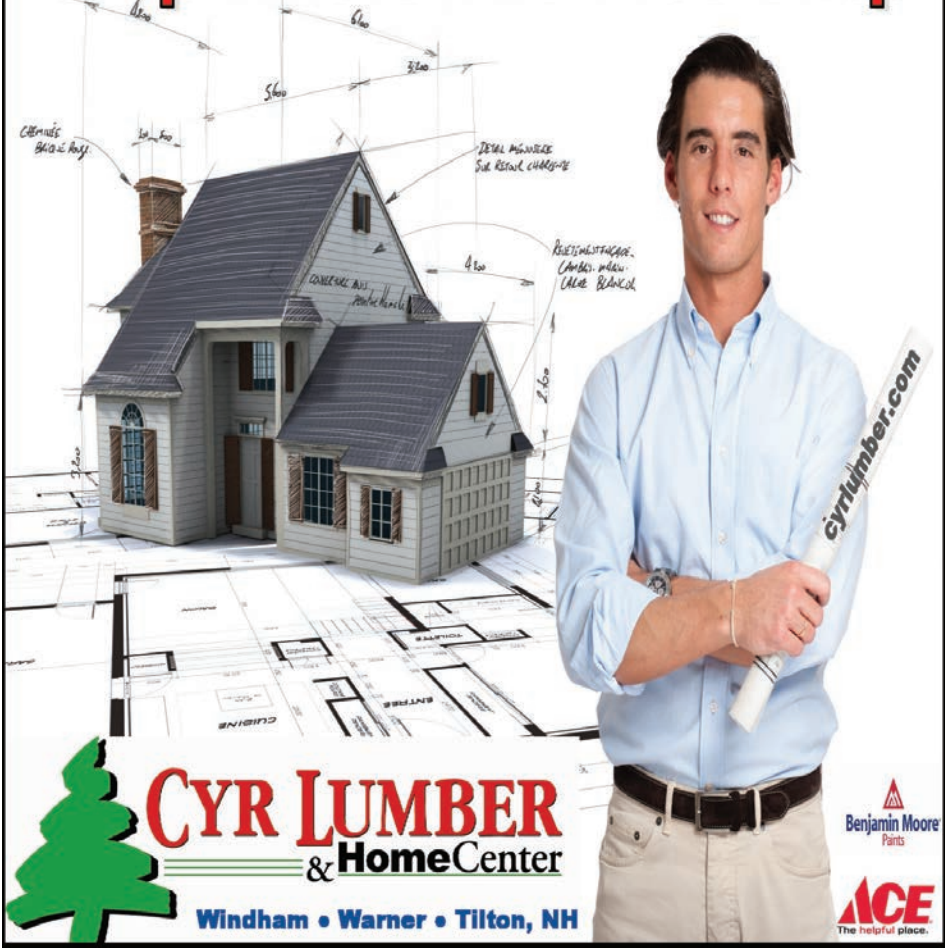
LACONIA — The 2021 Taylor Concert Series, sponsored by Bank of New Hampshire will host its next event open to the public on Saturday, July 24 at 3 p.m. in Taylor Community’s Woodside Building. It will feature the New Hampshire Music Festival Wind Ensemble performing Johannes Brahms’ “Serenade No. 1 in D Major, Op. 11,” conducted by Maestro Paul Polivnick, Music Director and Conductor Laureate of the NHMF.

This concert is generously being sponsored by Kit Peterson and Sandra Bicknell.

As space is limited, please note reservations are required to attend the social-ly distanced concert and can be made by calling Brenda at 366-1226 or emailing her at bkean@taylorcommunity.org.

Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

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