



THURSDAY, AUGUST 18, 2016

GILFORD, N.H. - FREE



ERIN PLUMMER

Gunstock Area Commissioners John Morgenstern and Stephan Nix cut the ribbon on the new Mountain Coaster.



ERIN PLUMMER

Gunstock General Manager Greg Goddard ascends the Mountain Coaster with Gunny the Bear.

Gunstock unveils new Mountain Coaster

BY ERIN PLUMMER
eplummer@salmonpress.com

Visitors to Gunstock Mountain Resort have a new source of thrills and fun with the newly opened Mountain Coaster, a project two years in the making that was officially unveiled this past weekend.

The 4,100-foot coaster uses gravity to propel individual cars down the track. Guests can control their own speeds

with a braking system, possibly going up to 25 miles per hour.

Gunstock General Manager Greg Goddard reported to the board of selectmen during Wednesday's meeting that the coaster went through its final inspections by the state on Tuesday and had received its license from the state.

The coaster officially opened on Friday, and

a formal ribbon cutting ceremony took place on Saturday morning.

John Morgenstern of the Gunstock Area Commission said at the ribbon cutting that the coaster is one of a series of attractions resulting from some important decisions made over a decade ago.

"Ten years ago, it became evident to the commission we needed income that's not snow

related," Morgenstern said.

He said when they had a warm winter (similar to what this past winter was like) they would lose money. They took a subsidy from the county tax to offer activities at Gunstock during the summer and "make it a true summer destination."

The zipline was the first addition, then came the Adventure Park, Ae-

rial Treetop Adventures, and many more.

"What you see here with the Mountain Coaster is another piece of the process of achieving those goals," Morgenstern said.

The Mountain Coaster has been in the process for the past two years. Morgenstern said they went to the county delegation for this project and received support. Goddard said con-

struction on the coaster started last fall and crews worked through the winter.

The principal contractor was Wiegand Sports, a German company that builds slides, mountain coasters and other amusements around the world.

Construction took place 12 hours a day for seven days a week.

Goddard said at the ribbon cutting he had planned to individually thank all the people who worked on this project, but he said that would be impossible.

SEE GUNSTOCK PAGE A13

Gilford summer reading program ends with music and fun

BY ERIN PLUMMER
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An afternoon of music, prizes, and ice cream rounded out a successful summer reading program at the Gilford Public Library.

This year's Summer Reading program "Get in the Game. Read!" officially ended on Friday with music by Paul Warnick and an ice cream party.

Children's Librarian Maria Suarez said the summer program was "outstanding."

This year the program took a new format, which she said might have broadened the scope of what many of the kids were reading.



ERIN PLUMMER

Paul Warnick and helpers Brenna O'Connor and Camryn Marshall entertain visitors during the summer reading finale at the Gilford Public Library.

"We found they would love another genre they normally wouldn't know about," Suarez said.

The program had between 175 and 200 participants, which Suarez said are good numbers.

"They worked so hard during the summer," Suarez said.

She said the kids and the parents put in a lot of effort for the program.

"It's nice to see an end of the year celebration where they enjoy themselves," Suarez said.

Paul Warnick entertained the audience with a series of kid friendly songs, many involving dance moves and audi-

SEE GILFORD PAGE A13

Holiday makes for early deadlines

MEREDITH — The offices of the Gilford Steamer, located at 5 Water St. in Meredith, will be closed Monday, Sept. 5 in observance of Labor Day.

To ensure that our Sept. 8 edition arrives in subscribers' mail boxes despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication on the 8th will be moved up one business day, to Friday, Sept. 2 at 4 p.m. Submissions are welcome in person at our offices or by e-mail at steamer@salmonpress.com.

Please note that any submissions received after 4 p.m. on the 2nd will be held for publication on Sept. 15.

For information regarding the holiday deadlines for display advertising, please contact our Sales team at 279-4516 or beth@salmonpress.com.

The staff of the Gilford Steamer thanks our readers for their cooperation with this change in our usual schedule, and wishes one and all a safe and happy Labor Day.

Athletes converge on area for Timberman

BY ERIN PLUMMER
eplummer@salmonpress.com

Thousands of athletes will take on the waters and roads of Gilford and beyond for the annual Timberman Triathlon this weekend.

From Friday through Sunday, athletes from across the globe will be in the area to swim, bike, and run in the sprint triathlon and the Ironman Timberman 70.3 kilometer competitions.

The starting line, swim competition, and finish line will be at El-lacoya State Park. Gunstock will be a main gathering area for athletes and spectators alike.



FILE PHOTO

The Timberman Triathlon will return to the area this weekend.

Athletes will arrive on Friday with check-in between noon and 7 p.m. at Gunstock. At that time the Ironman village

will be open as well as the Ironman store and bike store and service center.

The Timberman

Sprint Triathlon will take place on Saturday, Aug. 20.

The race will start at 7 a.m. with the first swim

wave.

After the swimmers get out of the water, the 15-mile bike race will be-

SEE ATHLETES PAGE A13

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Gunstock reflects on a successful summer season

BY ERIN PLUMMER
eplummer@salmonpress.com

A new attraction and some successful events are some of the highlights of the summer at Gunstock Mountain Resort.

Last Wednesday, Gunstock General Manager Greg Goddard gave the Gilford Board of Selectmen a regular report on the goings on at the mountain.

Goddard reported on the new Mountain Coaster. As of Wednesday, it had passed its inspections and was slated to open on Friday. A for-

mal ribbon cutting ceremony took place on Saturday morning. Guests can get a pass to ride the coaster individually or they can ride the coaster as part of a package.

Additionally, Gunstock saw two successful events over the past few weeks.

The previous week the Soulfest Christian music festival had a successful 19th year.

“From our perspective, it was a very successful event,” Goddard said.

Goddard said they filled 582 campsites for

the event compared to 240 regular campsites.

Goddard said there were no major incidents and the event went well overall from their ticket sales and Gunstock’s campsites.

Soulfest’s contract was renegotiated and renewed and the event will be coming back to Gunstock for the foreseeable future, aiming to celebrate its 20th anniversary next year at Gunstock.

Selectman Gus Benavides said those attending Soulfest were in local restaurants and

patronizing other businesses. Benavides said the concert not only benefited Gunstock but also so many different people in many different layers.

The week before, the Craft Beer Relay made its successful debut, and Goddard said turned out to be a fun event.

Teams of four took part in the 5K relay-style event playing games such as keg croquette and giant beer pong. Each participant had to drink a four-ounce sample of beer as part of the games.

The event saw participation from 200 teams and around 1,000 people were at Gunstock for the event. Goddard said the relay was invited back for another year, though organizers will determine if they will return.

“We’d love to have them,” Goddard said.

Gunstock was worked with the Belknap County Conservation District to help get a grant to control erosion along a section of Gilford Brook and repair the boardwalk. As

well as revise its environmental plans.

Gunstock received a New England Forests and Rivers Grant to work on a large area of Gilford Brook along Route 11B that had washed out. Goddard said this provides an opportunity to repair the riverbank and do erosion mitigation.

As part of the grant Gunstock will review the forest management plan and update and do a revision on the plan for habitat management project and rehabilitation of the wetlands.

The project will also include rehabilitating the boardwalk, which makes the trails universally accessible. The boardwalk has come into disrepair over the years and will be fixed. The grant will be matched by Gunstock with its own staffing and equipment time.

Goddard said the work on the coaster did take away some of the preparation work for the winter season. He said they will be redou-

bling their efforts, such as mowing and getting the snowmaking system ready.

“We’re already counting down the days until snowmaking season,” Goddard said.

Benavides said Gunstock has been doing a great job.

“You continue to make Gunstock a year round family oriented business,” Benavides said. “This is a year round resort.”

Selectman Chan Eddy said there are a lot of people who are not aware Gunstock is an all-year destination.

“It certainly makes Gilford a much more attractive place to visit,” Eddy said.

Goddard said they are seeing a resurgence of local people coming during the summer.

Gunstock has Belknap County Days all year round, where residents of Belknap County get complimentary chairlift rides and a significant discount on all the stations.

Gilford Parks and Recreation news

BY HERB GREENE
Director
Gilford Parks and Recreation

Youth Soccer registration deadline is Aug. 19!

The Gilford Parks and Recreation Department will be accepting



Youth Soccer registrations through the registration deadline of Friday, Aug. 19! The youth soccer program is open to all Gilford students entering grades K-5 this fall. After Aug. 8, the registration fee increases to \$35. Any registrations submitted after the Aug. 19 deadline

will be accepted on an availability basis only.

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

Gilford Old Home Day, Saturday, Aug. 27!

The annual Gilford Old Home Day celebration will be held on Saturday, Aug. 27. This year’s theme is “Cruisin’ the Lakes Region!” The festivities include; the Annual Parade at 10 a.m. (featuring bands and many traditional floats), Police K-9 demonstration, musical entertainers including the “Matt Langley and Jon Lorentz” and the

“King Chrome Band”, children’s entertainer “Judy Pancoast”, Community Band Concert, games for all ages, crafts, live music, great food, outstanding fireworks and a dance to wrap things up! The majority of activities take place at the Gilford Village Field.

Parade applications are still being accepted and can be found at the Gilford Town Hall and on the Parks and Recreation Web site at www.gilfordrec.com.

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

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Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Alright. It's the big one. We've have waiting anxiously all year for this. Some people have been distracted by the presidential race or the Olympics, but the event that really matters is coming home...and it's only one day...and it's old. I'm talking about Old Home Day.

Old Home Day is a chance for the town to gather, share food, share crafts, share laughs about the ludicrous year we had, and to lament our losses. We also get to see a parade that rivals the Macy's Thanksgiving Day Parade (I've argued the need for a 60 foot tall blow up copy of "The Hunger Games").

The theme this year is "Cruisin' the Lakes Re-

gion." I asked Lura what the float would look like this time around and she said, "Shh, we can't talk about that! We want all the floats in the parade to be unique so it's entertaining." Classic librari-an shushing me, but see-ing all of the new floats at the start of the parade is something we all ap-preciate. I can confirm that there will be plenty of kids present and rid-ing the float.

As is tradition, the Friends of the Gilford Public Library will host the Pie and Ice Cream sale and the Book Sale on Friday, Aug. 26 and Saturday, Aug. 27. The freshly baked pies are donated by members of the community and they are ludicrously tasty. The ice cream is donat-ed by Sawyer's Dairy

Bar (Thanks!). You can buy a slice with some ice cream Friday evening 4-7 p.m. and then after the parade on Saturday. The Book Sale will be available at the same time, so you can shop on a full stomach. All the proceeds go to the Friends of the Gilford Public Library, which in turn will be donated to the Library itself for the Summer Reading Pro-gram, special materials, and all the other won-derful things the Friends make possible.

To get this shindig running in the glorious fashion we expect, we need help. The Friends are looking for volun-teers to man the Book Sale and the Pie and Ice Cream Sale. We are look-ing for freshly baked pie donations, laborers, and

people to fill a variety of odd jobs. You can sign up for any role or com-mit to donating a pie at the front desk.

Old Home Day is a good time all around. I've exaggerated how flashy it is, but no one ever regrets a day out to eat, chat, and relax. When you come by, be sure to find me some-where around the Li-brary to say hello, brag about the bargain you got on books, and to show off your Pokemon Go collection!

Classes & Special Events
Aug. 18 to Aug. 24
Thursday, Aug. 18
Brown Bag Book Dis-cussion,
12:30-1:30 p.m.
This month's book is

Under the Wide and Starry Sky by Nancy Horan, described as "A dazzling love story that unspools across years and continents..."
Led by Betty Tidd, copies of the book will be available at the circulation desk.
Conversational French, 3:30-4:30 p.m.
Evening Book Discus-sion, 6:30-7:30 p.m.
Foreign Movie Night, 7-8 p.m.

This month's foreign movie is from Argentina.

Friday, Aug. 19
Social Bridge,
10:30 a.m.-12:30 p.m.
Knit Wits,
1:30-2:30 p.m.
Conversational Ger-man Class,
2:30-3:30 p.m.

Monday, Aug. 22
Mahjong, 12:30-3 p.m.

Tuesday, Aug. 23
Social Bridge,
10:30 a.m.-12:30 p.m.
Nightly Knitting,
6-8 p.m.
Birds, Bats, and Butterflies,
6:30-7:30 p.m.
This program will highlight more than a dozen wildlife species commonly seen in New Hampshire. Learn cool animal facts and find out how the diverse mix of habitats in our region support these species. Provided by the UNH Cooperative Extension.

Wednesday, Aug. 24
Line Dancing,
9-10:30 a.m.
Check Out an Expert,
10 a.m.-noon

GILFORD POLICE LOG

The Gilford Police Department responded to 292 calls for service and made the following arrests during the week of Aug. 9-15. Please note that the names of juve-niles, and those of indi-viduals taken into pro-protective custody but not formally charged, have been withheld.

Scott Clark, age 49, of Belmont was arrested on Aug. 9 for Operating Without a Valid License and Possession of Con-trolled/Narcotic Drugs.

Gilford
Public
Library Top
Ten requests

1. "The Girls" by Emma Cline
2. "The Black Widow" by Daniel Silva
3. "Sweet Tomorrows" by Debbie Macomber
4. "The Island House" by Nancy Thayer
5. "Before the Fall" by Noah Hawley
6. "The Obsession" by Nora Roberts
7. "After You" by Jojo Moyes
8. "Me Before You" by Jojo Moyes
9. "The Underground Railroad" by Colson Whitehead
10. "The McCullaugh Inn in Maine" by Jen McLaughlin

Steven Conkey, age 36, of Gilford was arrest-ed on Aug. 9 in connec-tion with an outstanding bench warrant.

A 50-year-old male from Moultonborough was taken into protec-tive custody for intoxica-tion on Aug. 12.

A 50-year-old female from Portsmouth was taken into protective custody for intoxication on Aug. 12.

A 36-year-old male from Derry was taken into protective custody for intoxication on Aug. 12.

A 46-year-old male from Boscawen was tak-en into protective cus-tody for intoxication on Aug. 12.

A 30-year-old female from E. Ryegate, Vt. was taken into protective custody for intoxication on Aug. 12.

Two males from Ep-som, ages 36 and 25, re-spectively, were taken into protective custody for intoxication on Aug. 12.

A 43-year-old male from Standish, Maine was taken into protec-tive custody for intoxica-tion on Aug. 12.

A 44-year-old female and 49-year-old male from Hudson were taken into protective custody for intoxication on Aug. 12.

Andrea R. Brophy, age 19, of Meridan, Conn. was arrested on Aug. 13

for Unlawful Possession of Alcohol.

Andrew D. Riemer, age 19, of Andover, Mass. was arrested on Aug. 13 for the Manufacture, Sale, and Possession of False Identification.

Matthew Westfall, age 30, of Tewksbury, Mass. was arrested on Aug. 13 for Disorderly Conduct.

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Photos are also welcome, but must be submitted in jpeg format.

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Weirs Action Committee seeking support for Friday Night Fireworks

LACONIA — Weirs Action Committee(WAC) is hoping citizens and merchants will continue donating money to help keep the “Friday Night Fireworks” tradition alive and on schedule for the remainder of the year.

Visitors have enjoyed six shows so far this season including the July 4 celebration of lights and five straight Friday night shows. The Weirs Action Committee coordinates and organizes the fundraising for the Friday night shows, which cost between \$3,000-\$4,000 per show. The City of Laconia sponsors the kick off show in July and area mer-

chants and citizens help fill in the gap. Atlas Fireworks has been very generous with the shows and does a fantastic job each Friday night at 10 p.m.

The Weirs Action Committee said donations have not been coming in as steadily as in previous years and is making a plea for donations from the community. If you have contributed in the past, please accept our thanks. If you have yet to donate, please join our effort.

Every show is a little different and brings so many smiles. You can hear the toots of pleased boaters and the screams from spec-



tators along the boardwalk. The M/S Mount Washington comes into the Weirs right as the show begins delighting passengers. This is a treasure for the community and a tradition that is worth continuing.

With only three shows remaining on the schedule and low funds, the remaining shows may have to be adjusted. A new website was set up this year www.weirsbeachfireworks.com to help the com-

munity know about the show schedule and make convenient and secure donations. Donations and sponsorships will ensure that this event will continue to make Weirs Beach and the Lakes Region a destination for families. If you prefer to mail in a check please send to: Weirs Action Committee, P.O. Box 5481, Weirs Beach, NH 03847 or for questions email at wac@weirsbeach.org.

Helen F. Cox, 90

LACONIA — Helen F. Cox, 90, of 30 County Drive, formerly of Port Charlotte, Fla., died Thursday, Aug. 11, 2016 at Belknap County Nursing Home in Laconia.

She was born on June 20, 1926 in Ransomville, N.Y., the daughter of the late Joseph and Agnes (Kobus) Figura. Helen worked for a number of years as a chef at Sunrise Towers.

She is survived by her two sons, Larry C. Cox and his wife Stephanie of Port Charlotte, Fla. and Robert E. Cox of Columbus, Ga.; one daughter, Nancy I. Laro of Lakeport; three grandchil-



dren; nine great grandchildren; two sisters, Florence Gergal and her husband Francis of Ransomville, N.Y. And Agnes “Wanda” Quigley of Florida; two brothers, Richard Figura and Joseph Figura and his wife Celia, all of Ransomville,

N.Y.; and several nieces and nephews.

In addition to her parents, she was predeceased by her husband, Elmer C. “Al” Cox, and six brothers (Harry, Henry, John and Bruno Figura and Paul and Alex Henshel).

Calling hours were held from 4 to 7 p.m. on Monday, Aug. 15, 2016 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A funeral service was held at 11 a.m. on Tuesday, Aug. 16, 2016, also

at the funeral home.

A private burial will be held at Bayside Cemetery at a later date.

For those who wish, memorial contributions may be made to the Alzheimer’s Association, 5 Bedford Farms Drive, Suite 201, Bedford, NH 03110.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

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Farmers’ Market celebrates “Eat Local” Month

Gilford Farmer’s Market is joining others throughout the state in celebrating “Eat Local” during the month of August. We would like to highlight our food vendors, both produce and bake vendors who are at the 1838 Rowe House grounds at 88 Belknap Mountain Road on Saturdays from 9 a.m. until noon.

Steve Bell’s Stage Road Farm Stand, located in Gilmanton Iron Works, sells a variety of vegetables, plus homemade preserves and raw honey. Because he has greenhouses, he is able to sell tomatoes and cucumbers early in the season and other vegetables late in the season. His stand is open seven days a week, and he operates on the honor system for those wishing to visit his stand during the week.

Joyce Keyser of the

Shepherd’s Hut Market is located at the Ramblin’ Viewe Sheep Farm at 637 Morrill St. in Gilford. She sells vegetables, cage-free fresh eggs, maple products such as maple candy, multicolored yarns from the sheep raised on the farm. She brings a freezer and sells fresh lamb. If a buyer would like a special cut of lamb to buy on a Saturday, she can be contacted at 393-4696 and she will bring it to the Market.

Another vendor who sells a unique product is The Root Seller who sells wheat berries along with organic beans (for baked beans), potatoes and maple syrup.

Linden Garlic Farm sells organic garlic, his repeat customers say his is much better than what they had been buying in the stores.

The Winnepesaukee Woods Farm has a wide

variety of veggies, plus bouquets of flowers. He has greenhouses in Gilford and picks his veggies the morning of the fair, guaranteed fresh.

Come, browse among the five vendors mentioned above with their wide variety of fresh produce.

We have a number of vendors who make delicious pastries that gives the customer a wide variety to choose from.

Alex, also of Gilford, cooks delicious goodies and sells them through her POSH Cookie Company. She bakes using all natural ingredients (butter, not margarine), no artificial sweeteners. Her cookies, scones, and brownies taste like what Grandma used to make, she will also bake special orders, check her Web site: poshcookiecompany.com.

Beth’s G.F. Goodies

are all gluten free. Thus, they are healthy for those who cannot tolerate most pastries.

Tyler Moser of Fen Ridge Farm is a guest vendor who makes special jellies, jellies for everyday use or for special occasions.

Marianne Porter of Kar-A-Mar’s Authentic Sweets is another vendor who also has delicious pastries, as does Robin Mercier.

Grace Herbert makes the best Italian biscotti cookies (she is the only one), plus many varieties of breads and big English muffins.

We have a new vendor for August and September, Rollin Inn the Dough, and they have a wide variety of pastries and breads. I especially like their huge cinnamon rolls.

Come and help us celebrate August’s “Eat

Local”. We have a variety of local produce and pastries vendors. Buy your produce to take home, you may want to

sit down and have a cup of coffee and eat your pastry at the Market or take some home to enjoy later.

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Registration now open for Lakes Region Fall Job Expo

GILFORD — The Lakes Region Chamber of Commerce will be hosting a fall JOB EXPO on Wednesday, Sept. 14 from 11 a.m. to 2 p.m. at Contigiani’s Conference & Event Center at Pheasant Ridge Golf Club in Gilford.

“We had a successful turnout at our spring Lakes Region Job Expo, and with the changing job market, many em-

ployers have asked us to run a fall job and career fair,” announced Karmen Gifford, President of the Lakes Region Chamber. “If you are an employer struggling to fill positions with qualified candidates, reserve a table today. Make your business visible. Take advantage of on-the-spot interviews.”

The Lakes Region Chamber of Commerce

understands the importance of a strong workforce. It is critical to continued economic growth. Whether you have full-time, part-time, seasonal or temporary work available, tell us what positions you are hiring for and the Lakes Region Chamber of Commerce will promote the event to attract qualified candidates. Register to participate on-line at

LakesRegionChamber.org or call the Chamber office.

The Lakes Region Chamber of Commerce is a non-profit, 501c-6 SEE EXPO PAGE A13

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What Can Investors Learn from Roller Coaster Rides?

If you have an interest in looking up obscure holidays and celebrations, you will find that August 16th is National Roller Coaster Day. As you know, a roller coaster is used as a metaphor for many areas of life – including the financial markets. As an investor, what can you learn from this thrill ride?

Here are a few suggestions:

- **Don't jump off.** This is pretty standard advice for all roller coaster riders – but it's also a good recommendation for investors. Specifically, you don't want to exit the financial markets when they turn volatile. It can be tempting to do so, because the markets do indeed experience dizzying drops from time to time. But if you jump out of the markets when they're down, you may be on the outside when they start their climb, potentially missing out on gains.
- **Protect yourself.** When you're on a roller coaster, you are typically advised to keep your arms and legs inside the car to protect your extremities from dangerous contact with the track and other cars. As an investor, you also need to protect yourself from dangers such as a market downturn. If you owned just one type of asset, such as aggressive growth stocks, and a downturn occurred, you'd likely take a big hit. One of the best ways to help avoid this possibility is to diversify your holdings among stocks, bonds and other investments. Although diversification can't guarantee a profit or protect against losses, it can help reduce the impact of volatility on your portfolio.
- **Keep looking forward.** When you're on a roller coaster, you don't want to look backward. Not only could you strain your neck, but you'll also be unprepared for the ups, downs, twists and turns that await you. When you invest, you want to keep looking forward as well. By keeping your eyes, and your focus, on your long-term goals, such as a comfortable retirement, you can be better prepared to follow a consistent strategy designed to help get you to your destination.
- **Don't bring extra baggage.** For obvious reasons, it's not a good idea to bring any loose or extra baggage inside a roller coaster car that may have you going upside down at 90 or so miles per hour. As an investor, you don't want to be saddled with any extra “baggage,” either – and one of the biggest sources of this baggage is unrealistic expectations. If you think you will earn double-digit returns every year, you will likely be disappointed – and your disappointment could lead you to make unwise decisions, such as constantly buying and selling investments to improve your performance. This type of activity is expensive, time-consuming and usually futile. So, when you invest, maintain realistic expectations – it can help you stay on track toward your goals.

By following these basic guidelines for roller coasters, you'll enjoy a safer ride. And by observing similar rules for investing, you can help make your investment “journey” smoother – and less scary.

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

For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at Jacqueline.Taylor@edwardjones.com.

Her office is located at 14 Main Street, Downtown Meredith.

For more information, see <http://www.edwardjones.com/> or “like” her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.

Racky Thomas Blues Band returns to Pitman’s this weekend

LACONIA — Pitman’s Freight Room at 94 New Salem St. in Laconia is pleased to announce the following events for this weekend:

Friday, Aug. 19, 8 p.m., \$15: The Racky Thomas Blues Band

The Racky Thomas Band has been a torch-bearer for the blues since its formation in

1995, when Racky Thom- as collaborated with bassist Todd Carson, guitarist Nick Adams, and drummer Ted Lar- kin to make a demo cd, and do some gigs around the Boston area. Racky Thomas has a vast rep- ertoire of tunes – blues from world-class blues- men, plantation gospel (the original blues),

rocking electric blues, classic and obscure blues, and Racky Thom- as blues! including “Matchbox Blues,” “Bis- cuit-Bakin’ Woman,” “Mona,” “Sugar-coated Love,” “Big Road Blues,” “Hoochie-Coochie Man,” and “Mojo Workin’” (to name a few).

Gutsy vocals, down and dirty harmonica,



RACKY THOMAS

smoking guitar, a killer rhythm section deliver- ing pure unadulterated blues, and you’ve got the Racky Thomas Band. Twice nominated for Boston Music Awards, and winners of the 1997 Battle of the Blues bands you’ve only got to expe- rience them once to be- come a believer.

Doors open at 7 p.m., and we are a BYO Ven- ue. For reservations call 527-0043. [www.pitmans- freightroom.com](http://www.pitmans-freightroom.com)

Saturday, Aug. 20,

7 p.m., \$15: Swing Dance with the Tall Granite Big Band

From the syncopat- ed heart of New Hamp- shire, the Tall Granite Big Band carries on its Swing tradition Tex- as style! Organized in Concord last year, the 18-member band has its roots in Texas with mu- sic collected over seven decades by the late Hous- ton bandleader John- ny Dyson. The Dyson band’s early repertoire included classics from Glenn Miller, Count Basie, Perez Prado, Duke Ellington, Harry James, and other greats. But Dyson also worked close- ly with Texas arrangers including Don Elam and Fred Baetge, and over time his bands acquired unique material reflect- ing the vital “Third Coast” culture and its Blues and Latin influ-

ences, which help distin- guish Tall Granite today. Today, our members are drawn from around the Granite State and our focus – as it was in Dys- on’s day -- remains on dancing! Our Pitman’s Dance Nights typically are prefaced with a com- plimentary Swing dance lesson from area instruc- tors to help everyone ac- quire or brush up their moves! So if you’re done with dueling banjos or screaming guitars, grab your two-tone shoes, slick back that hair, join us at the excellent Pit- man’s Freight Room and swing and sway or just relax to the Tall Gran- ite Big Band’s smokey horns and unique sound! www.pitmansfreight- room.com Free Dance Lesson before the show from 7 – 8 p.m. Doors open at 6 p.m. For reser- vations, call 527-0043.



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Historical Society looks at Gilmanton in World War II Aug. 23

G I L M A N T O N — What was it like to be on the home front in Gil- manton during World War II? On Tuesday evening, Aug. 23, Pat Clarke, Gilmanton His- torical Society’s vice president, will describe what life was like for the home folk in Gilmanton during the war years.

The program, at Old Town Hall in Gilman- ton Iron Works, begins at 7:30. Social hour and refreshments begin at 7 p.m. The Society’s mu- seum in the basement of Old Town Hall will be open at 7 p.m.

This program is the fourth in the Gilmanton Historical Society’s 2016



COURTESY

Gilmanton Historical Society presents Gilmanton during World War II on Tuesday, Aug. 23, 7:30 p.m.

summer series. Pro- grams are offered on the fourth Tuesday of each month, May through September. The final program, Sept. 25, brings

a tribute to Sarah Josep- ha Hale, editor of God- frey’s Lady’s Book and best known for her cam- paign to have Thanks- giving made a national holiday..

The programs are free and open to the public. The hall is handicapped accessible. The Society’s Museum is open at 7 p.m. before the program, and Saturdays during the summer from 10 am un- til noon. Donations to support the work of the Society are always wel- come.

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Contact me at
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Willkommen to "Cabaret" at the Playhouse!

MEREDITH — “What good is sitting alone in your room? Come hear the music play...” Sally Bowles, the legendary temptress of the Kit Kat Klub in pre-war Berlin, beckons the audience to join the fun in the classic musical *Cabaret*. The hit Broadway musical will take the stage at the Winnepesaukee Playhouse from Aug. 17 through Sept. 3.

Based on the book "The Berlin Stories" of 1945 by Christopher Isherwood, the story of Sally Bowles was originally written as a play, "I am a Camera," which became a Broadway musical "Cabaret" in 1966 and an Academy Award-winning movie starring Liza Minnelli in 1972.

The show got a facelift in the 1990s for a London and Broadway revival starring Alan Cumming. The new version, which will be presented by the Playhouse, was performed at Studio 54 in New York and, according to the director of the Playhouse's production, Clayton Phillips, "kicks up the sexuality a notch more than the original. It more closely examines the seedy underside of

the city.”

Those familiar with the original production, or the movie, will still get the same iconic Kander and Ebb music and will be familiar with the storyline of the American writer, Cliff, who moves to Berlin and starts a relationship with the erratic Sally. Also present is the Emcee, the host of the Kit Kat Klub, along with the raunchy boys and girls who make up his ensemble. Another highlight of the story is the touching relationship between Fraulein Schneider, Cliff's landlady, and Herr Schultz, a Jew who is beginning to question his safety in Berlin.

The set, designed by Melissa Shakun, will include a handful of “premium” seats for audience members which will be at cabaret-style tables next to the stage. There are a limited number of these premium seats available at each performance, allowing audience members the chance to feel like they are in the club. The admission for the premium seats includes a cheese tray for the table and a drink for each of



The cast of "Cabaret" rehearsing the opening song, "Willkommen."

the ticket holders. Premium ticket holders will be the only patrons able to bring food and drink into the auditorium!

Sixteen talented performers make up the cast of "Cabaret," under the direction of Phillips. Bryan Knowlton provides the choreography and Judy Hayward is the

music director.

"Cabaret" is the fifth production of the summer season performed at the Winnepesaukee Playhouse campus in Meredith. The 2016 summer season is generously sponsored by Bank of New Hampshire, Meredith Village Savings Bank, and the Taylor

Community. Cabaret is further supported by the generous sponsorship of Dead River Company, Lakes Region Fence, and Lakes Region Community College. Tickets range from \$20-\$34 with premium seating at \$50 and can be ordered by

calling 279-0333 or by using a credit card at www.winnepesaukeeplayhouse.org. The Winnepesaukee Playhouse also offers free educational programs in conjunction with each of the main-stage productions. Visit the Web site for details.

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\$2.6 million Gunstock Mountain Coaster opens for real fun

GILFORD — Following two years of planning and public approval, and nine months of construction, Gunstock Mountain Resort's \$2.6 million Mountain Coaster is officially open to the public.

This newest addition to the long list of gravity-based adventures at Gunstock was engineered and manufactured by Josef Wiegand GmbH & Co. Kg of Germany. As the most technologically advanced ride of its kind in New Hampshire, the Gunstock Mountain Coaster measures almost 4,100 feet in length, descends more than 220 vertical feet in elevation, and takes about 6 minutes to complete a full lap.

The Mountain Coaster has several advanced safety features, such as auto-lock harnesses and intelligent distance

control assist. Traveling downhill at speeds up to 25 mph, floating through the trees on twisting rails will give riders a fast and exhilarating experience. However, if the thrill gets too intense, riders can control the speed of their individual sled, and Wiegand's magnetic braking system will keep the sleds at a safe speed as it continually monitors each sled along the track.

"The addition of our new Mountain Coaster is vital to the strategic plan for economic sustainability at Gunstock. This attraction is a big deal for the community and I want to personally thank each of the many supporters who helped out with its planning, approval and construction," said Greg Goddard, General Manager of Gunstock Mountain

Resort. "This family friendly ride is incredibly fun and we intend to operate it winter, summer and fall, giving those who visit or live in New Hampshire's Lakes Region a near year-round opportunity to enjoy the newest attraction at Gunstock."

"Everyone I talk to is excited to take their first hot laps on the new Mountain Coaster, and they're going to be thrilled when they do," said Mike Roth, Gunstock's Director of Marketing and Sales. "The Mountain Coaster is a blast to ride and we've made access affordable as guests can choose between single ride tickets, unlimited rides with a one-day Discover Zone ticket, and avid enthusiasts can even select from a number of pass options to ride the Mountain Coaster, and to play

at Gunstock all summer long."

Visit GUNSTOCK.COM to learn more about the new Gunstock Mountain Coaster and all of the fun and adventure to be found at Gunstock's gravity playground.

Located in Gilford, and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest winter and summer recreation areas in the state. Affectionately known as "The Area" by long-time locals since 1937, Gunstock was the first New England ski area to install a chairlift, and it offers 1,400 vertical feet, 227 acres and 55 alpine ski trails, plus 32km of nordic skiing and snowshoe trails. In summer and fall, Gunstock claims New Hamp-

shire's largest aerial treetop and zip line complex, with 91 challenging elements, more than 1.6 miles of high-adrenaline ZipTour™ zip lines, off-road Segway tours, and the new 4,100 foot Mountain Coaster. The Gunstock campground has 271 tent sites, cozy cabins and RV/trailer

hookups, providing outdoor accommodation for kids of all ages when they stay and play at Gunstock. "The Area" also plays host to a growing number of signature events, such as the July 4th Craft Fair, Craft Beer Relay, Soulfest, and the IRONMAN 70.3 Timberman.



Pictured, left to right: Don House, Belknap House Vice President, Chef Kevin Halligan, Local Eatery Owner, Colleen Garrity, Belknap House President, Alfred Columb, Belknap House Treasurer.

Laconia's Local Eatery presents Belknap House with proceeds from fundraiser dinner!

LACONIA — On Sunday July 24, Local Eatery teamed up with Belknap House for a fundraising dinner. Local Eatery donated 15 percent of the diners' checks to the

community development efforts of the Belknap House. The one night event generated more than \$450!

SEE EATERY PAGE A14

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Hermit Woods Winery asks customers to help support a living wage for its employees

MEREDITH — There has been a lot of talk during this election year, both in New Hampshire and across the country, about whether the minimum wage should be raised. At Hermit Woods Winery, they have stopped talking about it and decided to take action.

On Aug. 19, Hermit Woods will raise the hourly pay rate of all their employees to \$15 an hour. They will achieve this by charging their customers a ‘living wage surcharge’ of 3.5 percent on all sales and applying the money raised towards salaries.

Owners Bob Manley, Ken Hardcastle, and Chuck Lawrence explain that they understand all too well how hard it can be to get by on low wages as they have put almost everything they have earned back into their growing company over the past six years.

“We have built a hard working dedicated team. We want to be able to reward them with a living wage so they can support their families and pursue their passions in life as we have,” says Manley. “Some of our employees are in school or just out of school and have college debt to pay off, while others have families to support, two of whom are single moms. If they’re going to work hard to help us grow our business, we want to make sure they have the resources to afford to live.”

New Hampshire can be an expensive place to live, with the cost of living about 16 percent higher than the rest of the country. Prior to this plan, Hermit Woods was making their best effort to pay all their employees \$12 per hour (a rate that is still higher than



COURTESY

On Aug. 19, Hermit Woods Winery will raise the hourly pay rate of all their employees to \$15 an hour. They will achieve this by charging their customers a ‘living wage surcharge’ of 3.5 percent on all sales and applying the money raised towards salaries.

the average for similar positions). Based on the research they had done and the cost of living in the Lakes Region, the owners of Hermit Woods Winery felt that simply

wasn’t enough.

Manley explains, “We are not sure \$15 is enough, but it is a heck of a lot closer than \$12.”

The owners of Hermit Woods Winery feel

strongly about their decision and sincerely hope that their customers will support and embrace it. Unlike many wineries and other similar service industries, Hermit Woods does not encourage tipping.

“We feel the surcharge is a better way to ensure everyone is rewarded equally for their hard work” says Manley. “We want to ensure our customers that every penny raised via this surcharge will go towards increasing our employees pay and nothing else.”

Manley, Hardcastle, and Lawrence would like to be able to say they were the first to think of

this concept, but they are not. Manley recently read a story that was published via NH Business Review about a small restaurant in Vermont, Popolo’s, that began a similar program in June and inspired him to look into the idea. After some research, they learned that several other businesses across New England and beyond have also taken this approach. After talking with Gary Smith, the person behind Popolo’s decision, and other businesses who have taken this step, the Hermit Woods team decided this was the right thing to do.

Bob reports that it

is not likely that the 3.5 percent surcharge will cover all the costs of increasing everyone at Hermit Woods to \$15 an hour, but the owners of Hermit Woods wanted to identify a number that would get close while not asking too much of their customers. You can learn more about their plan by visiting their Web site: www.hermitwoods.com.

Hermit Woods Winery is a boutique winery located in Meredith. They produce a wide variety of grape, fruit, and honey wines, mostly from local, often organic fruit and styled after the old world dry wines of Europe.

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FSB's SmileSquad continues its mission of 'Paying it Forward' with back-to-school supplies drive

FRANKLIN — Franklin Savings Bank's SmileSquad is collecting school supplies to assist teachers and students with attaining the necessary items needed for the new school year. SmileSquad is also soliciting assistance from the community with donating supplies to this important community initiative.

"This is a great time of year to take advantage of super sales on school supplies," commented Sarah Stanley, Community Relations Officer. "We are enlisting the help of the public to consider picking up something extra to help our neighbors in need, as well as assist teachers and local schools with stocking up on necessary supplies for the up-

coming school year."

Suggested items for SmileSquad's Back-to-School Supplies Drive include: #2 pencils, colored pencils, pens, small pencil sharpeners, crayons, markers (coloring and permanent), dry erase / white board markers (thick and thin), Sharpies (thick and thin), small sticky notes, notebooks, paper (all types), glue, glue sticks, scissors, tape (clear and 2 inch masking), three-ring binders, backpacks, lunch boxes, soft tissues, anti-bacteria wipes, paper towels, brown paper lunch sacks, and snack and sandwich baggies. All donated items may be dropped off at any of FSB's seven offices, located in Boscawen, Bristol, Franklin, Gilford, Laconia or Tilton. SmileSquad will deliver the items to schools located in FSB's service area in time for when the new school session begins.



Members of the FSB SmileSquad show off some of the items collected for the Back-to-School Supplies Drive. Pictured l-r: Taylor Laro, Customer Experience Program Mgr.; Erin Mercier, Security Specialist; and Sarah Stanley, Community Relations Officer.

Founded in January 2013, Franklin Savings Bank created SmileSquad as a program to connect the bank with the communities it serves on another level. The program continues to 'pay it forward' with random acts of kindness to benefit local non-profits, businesses and community members. New this year is a year-round collection that benefits programs such as ani-

mal shelters, homeless shelters, food pantries and schools. This altruistic program provides an element of surprise by not disclosing where SmileSquad members will show up in the communities served by FSB. The goal behind the program is to create a ripple effect of random acts of kindness, thereby encouraging others to simply 'pay it forward'.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial

lending, retail banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Laconia and Gilford, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford and Rochester, New Hampshire. As a recognized leader

in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 934.4445, or visiting www.fsbnh.com, www.facebook.com/franklinsavingsbank, or www.linkedin.com/company/franklin-savings-bank.

Musical performance by Peg and Cheryl Aug. 25 at Taylor Community

LACONIA — Peg Chaffee and Cheryl Sager have been performing music for many years in various genres and bands. They'll bring their eclectic repertoire to Taylor Community's Woodside Building, Thursday, Aug. 25 at 2 p.m. This event is free and open to the public, but reservations are requested by calling 524-5600.

Peg and Cheryl's music speaks to all aspects of everyday life – from whimsical to poignant and serious to silly. Accompanied by stand-up bass, guitar and pennywhistle, their exquisite harmonies are the highlight of their performance. With original songs and old favorites,



PEG AND CHERYL

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GUNSTOCK

(Continued from Page A1)

Goddard said well over 30 contractors took part in this project with over 70 different employees.

“It really was an all hands on deck effort,” Goddard said.

Morgenstern and Goddard gave big credit to the Gunstock staff for their contributions to this project.

“Yes, I really can’t say enough; they’re just a terrific group of people,” Goddard said.

“The teamwork of all the participants was outstanding,” Morgenstern said. “We are not only

helping the economy with jobs we’re enhancing the tourist economy on which this area depends.”

Goddard thanked the county delegation and the Gunstock Area Commission.

“Without their support we wouldn’t get any of this stuff done,” Goddard said.

At the end attendees had the opportunity to ride the coaster.

People can ride the coaster as part of Gunstock’s packages or they can pay to just ride the coaster itself.

GILFORD

(Continued from Page A1)

ence interaction.

“It’s pretty much the highlight of my summer to do this every year,” Warnick said

Warnick said he likes coming to the library and it is “sort of a community center.”

“There’s so much life and activities,” Warnick said. “You can come and sing and dance and have a great time in this beautiful space.

Warnick is a music teacher at Gilford Middle School. He said he has the treat of meeting many of these kids now and in a few years possibly seeing them in his class.

He was joined by helpers Brenna O’Connor and Camryn Marshall, who will be entering the

sixth grade at Gilford Middle School. Both are in Warnick’s music class and he asked them if they would help him out.

“We both just love kids and have fun,” O’Connor said.

Both of them said they come to the library on a regular basis. O’Connor said she likes getting books and all the different activities. Marshall said she especially likes working with the computers and writing stories.

“We just like to do all the fun things,” Marshall said.

At the end Suarez handed out prizes to the kids for reading over the summer, including gift certificates to the Polar Caves.

NOTEBOOK

(Continued from Page A4)

southern neighbors, but they’re not flush.

There are two rivers that are running fairly full, however--the Connecticut and the Androscoggin. Both have enormous upriver lakes and tributaries that serve as storage batteries.

The dams on the headwaters are releasing a lot of that water just now, because there are power dams and turbines downriver, and in the cities they’re all running air conditioners,

and that power has to come from somewhere, and you can bet that the price is right.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer’s telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

LETTER

(Continued from Page A4)

ing!

The Club is most appreciative of the following for their invaluable involvement and donations to our event: the continuing support and very generous sponsorship of the Bank of New Hampshire; Appletree Nursery; Beans & Greens Farmstand; BJ’s (Tilton); Cackleberries Garden Center; Gator Signs; Gilford Library; Hannaford’s (Gilford); Kitchen Cravings Restaurant; Laconia Library; Market Basket (Tilton); Petal Pushers Farm; Quik Laundry; Sam’s Club (Concord); Sawyer’s Dairy Bar; Shaw’s (Gilford and Tilton); and Vista Foods.

Opechee Garden Club acknowledges and thanks area media, including the Gilford Steamer, for the outstanding coverage that is felt to be vital to this event. We also thank the following area businesses who advertised the garden tour on their electronic reader boards in Laconia and Gilford: Cross Insurance; Melcher & Prescott Insurance; Meredith Village Savings Bank; Sawyer’s Dairy Bar; and the Taylor Community.

The Raffle at the

Gilford Community Church was a big success as there were nine offerings each with multiple prizes. The following businesses are thanked for their generous donations of prizes and/or gift certificates: Appletree Nursery; Beans& Greens; Cackleberries; Harris Furniture; Meadowbrook; Moulton Farms; and Walmart. The Club is also grateful to the following for private donations to the Raffle: Donna Daniels-Abjornson; Carolyn Dickey; Sandy Gove; Helen Hemeon; Ginnie Johnson; Jane Rollins; Barb Sargent; Marnie Schulz; Doug Stone; Carolyn Temmalo; and Jean Vaillancourt.

Congratulations to the nine lucky winners of the raffles: Jerome Murphy; Jackie Bonafide; Carolyn Temmal-

lo; Chris Howlett; Betty Clark; Charlotte Gregory; Deb McNeish; Beth Sheke; and Jim Farrell.

Opechee Garden Club appreciates the local and broader community who supported our summer fundraising event by their attendance. Proceeds from the garden tour will benefit the Lakes Region Scholarship Foundation, the Loon Preservation Committee, the Squam Lake Natural Science Center & Kirkwood Gardens, and local community betterment projects, such as the Civic/Community Gardens in Laconia and Gilford, planted and maintained by members of the Opechee Garden Club.

Thank you all.

*Audris Clark and
Phyllis Corrigan
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Gunstock Commissioner John Morgenstern finishes his ride on the coaster.

ATHLETES

(Continued from Page A1)

gin. The bike race starts at Ellacoya and goes down Route 11, then goes down Route 11B. Racers will then go on Route 11A and turn around on Maple Street, then they will go back on Route 11B, Old Lake Shore Road, and Route 11 with the finish at Ellacoya.

The 3.1-mile run will then commence. Runners will take off down Scenic Drive and turn around before the intersection of Scenic Drive and Belknap Point Road and go back up Scenic Drive, finishing at Ellacoya.

The awards ceremony will be held at 10 a.m.

On Saturday kids can take part in the Ironkids Make-a-Wish Fun Run at Gunstock. Registration is from 10 a.m. to 12:45 p.m. The race will take place at 1 p.m. at the Landing Zone by the pond.

The Ironman 70.3 race will take place on Sunday, Aug. 21. Racers in the 70.3 race will start at 6:30 a.m. The aquabike race for swimmers and cyclists will begin at 7 a.m.

After getting out of the water, the racers will then do the 56-mile bike race. The bike race will start at Ellacoya and go down Route 11, then

turn down Route 11B. The course will turn onto Hounsell Avenue in Laconia and onto Route 107, taking a right on Leavitt Road, and turning onto Route 106 and going into Loudon.

The bikes will then go onto Rocky Pond Road and North Village Road, and then turn onto Route 129. The route will turn back onto Route 106 heading north. The race will go down Brown Road then Farraville Road, turn back onto 106. The race will merge onto Laconia Road and take a right onto Leavitt Road, and then go on Route 107. Riders will turn right on Frank Bean Road, go onto Country Club Road, and go on Route 11A. The race will next go onto Route 11B and then end up on Route 11 toward the finish line at Ellacoya.

el down Scenic Drive, Belknap Drive, and Glendale Place before going onto Route 11. The course will turn onto Varney Point Road and Wildwood Road, taking a left down Dow Road for the turnaround. The running course will reverse direction on the same roads, ending at Ellacoya.

The awards ceremony will take place at 3:30 p.m., along with the Ironman 70.3 World Championship Slot Allocation and Rolldown Ceremony.

Motorists are advised there will be delays along the course.

Athletes and spectators are asked to park at Gunstock. A free shuttle bus will take people between Gunstock and Ellacoya State Park. Shuttle bus service will run from 4:30 a.m.-noon on Saturday for the Timberman sprint and 4 a.m.-5 p.m. on Sunday for the Ironman.

businesses in the Lakes Region. For more information about the Lakes Region Chamber of Commerce, on-line business directory or a list of community events, visit LakesRegionChamber.org, Facebook, Twitter, or call 524-5531.



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EATERY
(Cont. from Page A10)

Chef Kevin Halligan remarked, "Local Eatery exists because of our local community – being able to give back just makes this city stronger and we love being a part of that."

Belknap House thanked Chef Halligan for both the donation and the opportunity to increase community awareness about local homelessness and the family shelter.

President Colleen Garrity commented, "There is real need in Belknap County for a short-term family shelter during the cold weather months. The local schools report that over 200 Belknap County children are homeless each year. We have a lot to accomplish before the October opening date and this donation will certainly help."

Belknap House will create safe shelter for homeless Belknap County families from October to May. An additional mission is to help families become self-sufficient by making available education and resources. From June to September, the shelter will serve as a hostel for visitors to the Lakes Region. The shelter is slated to open in October 2016, through the generous help of Belknap County residents, businesses, and community and religious organizations. For further info., email belknaphouse@gmail.com or www.facebook.com/belknaphouse/.





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Nelson's role vital to Golden Eagle successes

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD – If you're looking for a lynchpin to the success of the Gilford High School athletic teams this past school year, look no further than Mariah Nelson.

The recent graduate was an integral part of all three sports she played, and the resulting successes spoke for themselves: one state championship, one state runner-up in her senior year. Nelson, who will attend Rensselaer Polytechnic Institute (RPI) in Troy, N.Y. this fall, was a shining example of the kind of student/athlete that makes the Golden Eagle program so successful year in and year out.

"It's just awesome to know that every sport has done well at one point or another (at Gilford) and I got to see that with my sports this year," said Nelson. "It's cool to know that everyone has done well and on top of that, there's a lot of support from the community."

Nelson was indeed a big part of the championship fever that overtook Gilford this past year. It began last fall with the field hockey team, as Nelson helped key a defensive unit that absolutely dominated opposing offenses throughout the year. The Eagles eventually broke through and played in the NHIAA Division III state championship game, falling to eventual champion Berlin in the finals.

"I definitely enjoyed being in that game, playing for a state championship," began Nelson. "I wanted to win but I think we all appreciated that it was a good year



JEFF LAJOIE

Gilford's Mariah Nelson had a huge senior season at GHS, capturing a state championship in basketball and earning a state runner-up finish in field hockey. Nelson will attend RPI this fall.

for us and a good year for our seniors to go out on. I wouldn't have wanted to go out on any other team."

Nelson began playing field hockey in eighth grade, and while she bided her time early in the high school career, she wound up being an instrumental figure for an Eagle defense that also included fellow seniors Sarah Lachapelle and Hannah Saulnier.

"I switched to defense my junior year and I really enjoyed it," she explained. "I think we had really good chemistry back there. If I went to do something, they had my backs and we all really trusted each other and what we were all trying to do."

With one banner for

the gymnasium wall achieved in the fall, Nelson went about securing another one in the winter. As the 'Sixth Man' on the basketball team, she helped guide the Eagles to their first-ever undefeated season, beating Laconia in the state championship game to take home the D-III title.

"I definitely thought that since we didn't lose anyone (from the year before) that we could go really far if we kept our focus and worked hard," she recalled. "We couldn't get too cocky about it and had to keep practicing like we always have."

Nelson's role with the team was vital, especially in big games. She was the first player off the bench, oftentimes com-

ing on unexpectedly due to quick foul trouble. But whenever her name was called, she was ready.

"I was always a little bit nervous going into games but as the season progressed, I got used to my role and knew they counted on me to come on and change things up," she explained.

Her size proved quite useful, and she shot a high percentage while offering solid rebounding and rim-protecting defense. Mixing in with the rest of the lineup, Nelson wound up being as important as any player down the stretch.

"I was just really excited to say that I won a state championship in high school," she admitted. "Playing and winning that game, it was an

amazing experience and feeling. Everyone was just so excited to have gotten there and made it."

With Nelson's senior season already a huge success, she capped things off with the lacrosse team this spring. She stepped into a high-scoring role for the Eagles, which finished just shy of a playoff berth after breaking through the year before with the first postseason appearance in program history.

"My parents were making me play a sport to stay in shape in every season and I had kind of exhausted all the other sports so I gave lacrosse a try and ended up liking it," said Nelson of her path to the sport. "It took us awhile to get into

our groove this year for a variety of reasons. But I enjoyed playing and our class had a lot of good players."

With her Gilford days now behind her, Nelson is excited about the challenge that a strong academic school like RPI will provide. She had plans to try out for the field hockey team there, but wasn't entirely sure what kind of athletic pursuits she'll wind up fitting in along with a potential biology career.

"There's definitely going to be a lot more work and time put into the academic side of things there," she explained. "But I'm looking forward to it. They have a lot of options in the stem area so that's something that interests me."

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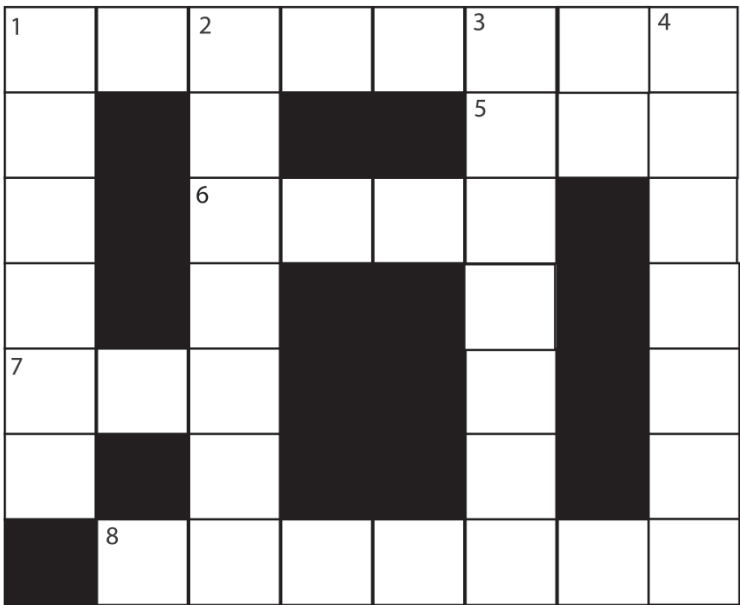
NEW DURHAM // Nice wooded 4.99 acre building lot. Not far from town. Close to Merrymeeting Lake and all Lakes Region amenities.
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Crossword Puzzle



- ACROSS**

 - 1. Being chilly
 - 5. To do something
 - 6. Outer garment
 - 7. Cow sound
 - 8. Give new strength
- DOWN**

 - 1. Thick and smooth
 - 2. Dairy sugar
 - 3. Can be eaten
 - 4. Fashion sense

Answers:
Across 1. Coldness 5. Act 6. Coat 7. Moo 8. Refresh
Down 1. Creamy 2. Lactose 3. Eatable 4. Stylish

THIS DAY IN...

HISTORY

- 1968: THE SOVIET UNION AND OTHER WARSAW PACT NATIONS INVADE THE COUNTRY OF CZECHOSLOVAKIA
- 1977: THE SPACE PROBE VOYAGER 2 IS LAUNCHED
- 1998: THE SUPREME COURT OF CANADA RULES THAT QUEBEC CANNOT LEGALLY SECEDE FROM CANADA WITHOUT APPROVAL FROM THE FEDERAL GOVERNMENT.

PREMIUM

something of superior quality

GET THE PICTURE?

CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: SOFT SERVE ICE CREAM

FOOD FACT:

THIS SWEET TREAT CAN BE JUST WHAT YOU NEED ON A HOT DAY

ANSWER: ICE CREAM

Did You Know?

DAVID EVANS STRICKLER, AGE 23, INVENTED THE BANANA SPLIT IN 1904 AT TASSEL PHARMACY IN PENNSYLVANIA.

How they SAY that in...

ENGLISH: Enjoy

SPANISH: Disfrutar

ITALIAN: Piacere

FRENCH: Apprécier

GERMAN: Genießen

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V6



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†The Kia Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and Small SUVs in the J.D. Power 2016 Initial Quality Study, based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com.