

Gilford Steamer

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
Gunny the Bear ascends the Mountain Coaster at Gunstock.

Gunstock unveils new Mountain Coaster

BY ERIN PLUMMER
erplummer@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
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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 Elacoya State Park. Gunstock will be a main gathering area for athletes and spectators alike.



ERIN PLUMMER
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.

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

wells 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 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

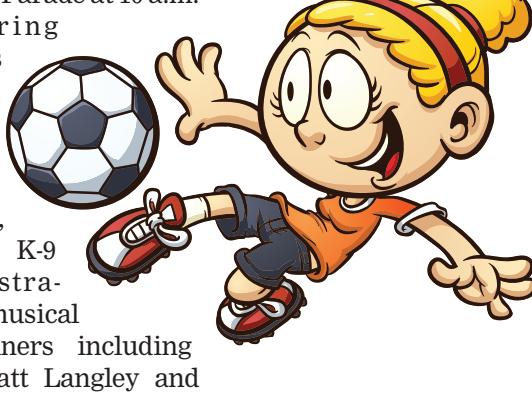
Gilford Old Home Day, Saturday, Aug. 27!

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

will be accepted on an availability basis only.

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



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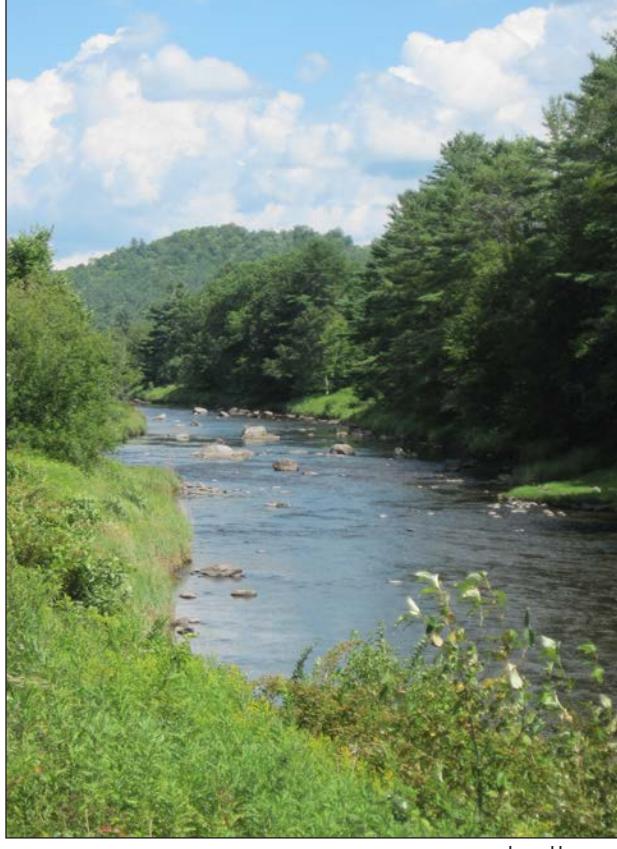
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OPINION

THURSDAY, AUGUST 18, 2016

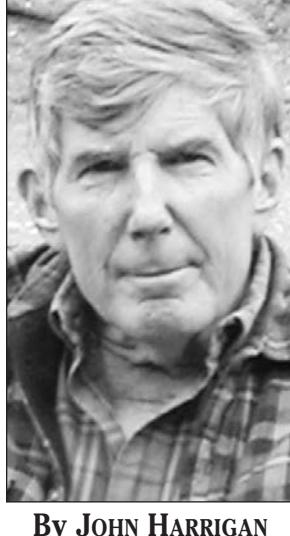
NORTH COUNTRY NOTEBOOK



JOHN HARRIGAN

Water is low in the Wild Ammonoosuc, where rocks stand out like bales of hay.

Any rain that falls just now will be staying right at home



By JOHN HARRIGAN
COLUMNIST

"When the water's low, the rocks stand out like hay bales," Corey Roman liked to say when he was steering his boat around invisible boulders in the fast and furious Menihik Rapids, in central Labrador. For 13 years a bunch of us from northern New Hampshire and Vermont went up to fish at Menihik, around a thousand miles north of my home in Jefferson.

I was reminded of this when I took the slower way home from Lebanon a week or so ago, and along the Wild Ammonoosuc between Lisbon and Littleton saw rocks sticking up like hay bales.

The water is low in the Ammonoosuc and all other free-flowing rivers, evidence of a long spate of dry weather that gardeners know about all too well. In my case, this is only the second

time I've had to water my garden in all the years I've had one, and as I approach 70, that's saying something.

Most of the time, along the northern tier of New England, the ground is pretty well saturated and the water tables, either perched or under valley floors, are pretty well full, evinced by the thousands of springs and seeps created by rainwater that follows layers of clay and fine silt to emerge on the sides of ridges and hills.

Not for nothing are the vast expanses of woodlands here wryly referred to as "The Asbestos Forest," because under normal conditions it would be pretty difficult to get a good forest fire going. I used to kid Jack Sargent, longtime chief of the state Forest Fire Service, about always seeming to have a convenient forest fire of 20 acres or so to battle just before budget time.

And under normal conditions, the ground is so full of water that every drop of rain, I'm fond of saying, is on its way to Long Island Sound as fast as it can caper.

This is not the case now, and the land is like a dry sponge. We need not the fast and hard thunder storms we've been getting, but instead four or five days of slow, soaking rain. The more northern parts of northern New England have more water than their

SEE NOTEBOOK PAGE A13

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Pet of the Week: JILLIAN

Small tan and white lab/terrier mix with just the sweetest disposition seeks loving forever home.

Of course, this is what we say about all our dogs at New Hampshire Humane Society but in Jillian's case, this plea is especially poignant and heartfelt.

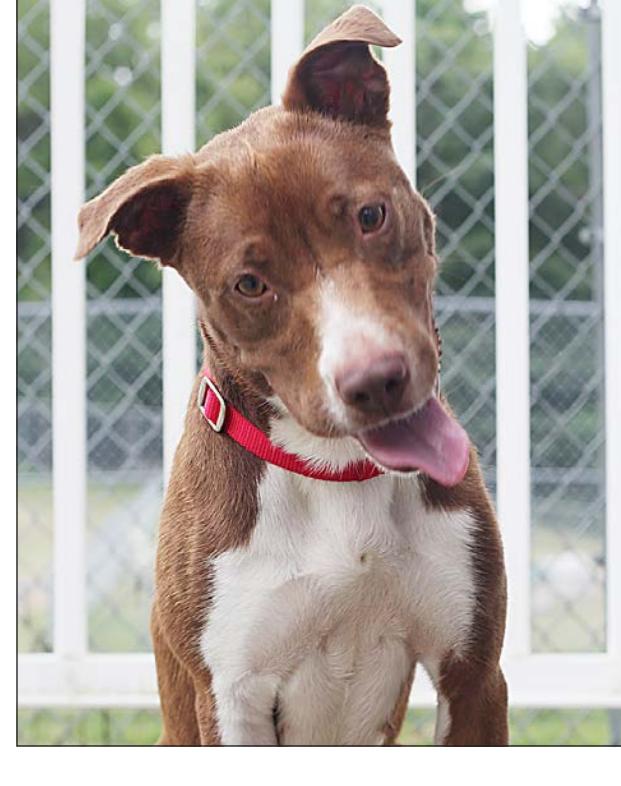
Imagine the stress of moving from Texas to the granite state. Life is not so good for canines in the lone star state although some animal advocates are working hard with us to save lives. Jillian is

bouncy and energetic but all she really wants to the warm cuddles of humans who will love her. She loves riding in the car, and is a demure well behaved girl at the park, so say our staff who take her out on road trips.

A family with older children would be ideal for this ebullient dog.

Come and visit, spend some time with her, surely your heart will melt?

Call 524-3252 or check out www.nhhs.org



FROM OUR READERS

Glen Waring is prepared to be your County Commissioner

To the Editor:

I'm writing to express my support for Glen Waring for Belknap County Commissioner. As the County Treasurer, I had the opportunity to work directly with Glen when he was the county's Finance Director. I found him to be very knowledgeable, professional, and effective in the position and easy to collaborate with. Glen kept an open mind with regard to my suggestions and I was able to rely on him to get me accurate answers when I had questions. He was a valuable resource to me and was sorry to see him leave the county's employment.

Glen's experience managing the Finance Department for the County has taught him what the County Commissioner position can do to help the organization provide services better, to continue to reduce public tax expenditures, and to keep the public informed. He has the knowledge, education, & experience to lead the County.

It would be refreshing to return to a time when

politics does not interfere with the provision of necessary and often emergency public services. Glen knows how to get the job done without promoting a personal political agenda through the office of the Commissioners. He knows how to work through all the "red tape" and where it can be reduced. He understands the benefits of collaborating with Town and City Officials to reduce the overall tax burden on the public.

In summary, Glen understands the operation of our county government, he understands the financial impacts; he understands local taxation systems, and he's motivated to bring about positive change. If you live in Belknap County District #2 (Barnstead, Belmont, Gilmanton & Tilton), I hope you will vote Glen Waring for Belknap County Commissioner on Sept. 13.

Michael G. Muzzey
Belknap County Treasurer
Laconia

Don't throw stones in glass houses

To the Editor:

Mr. Devoy, you seem to have nothing better to do then write about conspiracies and secret meetings. What do you think is going on; your behavior is almost comical. You make these accusations, yet you are doing everything possible to help your associates. You are working extra hard to get Hunter Taylor and your other associate to join you as commissioners. You have reserved political ad space in the Laconia paper, yet you are not up for reelection; why? The greatest thing is all the whining you have done is just discrediting you and your associates so good luck, hopefully in time you will see morals and ethics are more important and we will be able to work together to show the rest of the state how to make a great county even better.

Now let me tell you why I will make a great commissioner. I let morals,honesty and ethics rule my decisions. I have a surgical background and a understanding of medical codes and billing. I have administrative experience in a hospital and medical school. I can not only help secure our nursing home for now and the future but also create a nursing home for the

future that continues to be prosperous as our elderly are a valuable part of this county and state. I have a vast amount of small business experience. I have started,expanded and sold a vast variety of business's. A surgical company. A trucking company. A fitness franchise. An exotic car dealership/repair shop. I was the president of a nursing/allied health school. I have overseen company's with as little as 6 employees to as many as 350 employees.

I am a long time Alton resident married with two teenage boys whom were raised and schooled right here in Alton. I have helped with many activities in our community like baseball,soccer,fishing and basketball. I also believe we should help the inmates in our correction center so they can become a productive part of our community and society, we can do this by embracing the programs available and find a responsible way to pay for them with out taxing the people of Belknap county.

Thank you
Jonathan Smolin
Alton

Thanks to all who supported Opechee Garden Club Garden Tour

To the Editor:

Opechee Garden Club has many to thank for the tremendous success of its "Glorious Gardens" Garden Tour, held on Saturday, July 16, and would like to take this opportunity to do so.

Making the tour possible, and offering a wonderful variety of beautiful home gardens, despite some challenging weather conditions, were the homeowners: the Bastille Family; Jane and Peter Ellis; Debra Hastings; Sandy and Richard Hickok; Sue Leitch; and Maureen and Roy Sanborn, who shared their "glorious gardens" with all of us.

Club Members wish to send their congratulations and sincere appreciation to the Tour Co-Chairs, Audris Clark and Phyllis Corrigan, for their tireless leadership and dedication to the success of the 2016 Garden Tour. It was they who, almost a year ago,

began the search for the "glorious gardens" in the surrounding Lakes Region, hoping to find gardeners willing to participate in the Garden Tour. From beginning to end, Audie and Phyllis guided the club through the preparation and completion of the very successful 2016 Garden Tour.

Also deserving thanks are the many Opechee Garden Club Committee Chairmen who led the various major events and venues of the Garden Tour which involved so many of our club members, from the "kitchen crew" who prepared and served the delicious Luncheon, to the Boutique ladies who gathered and priced the many articles for sale, to the Hostesses at the garden sites, to the many club members who nurtured and cared for the hundreds of plants through the spring and early summer to prepare them for purchase at the Plant Sale, to the creative ladies who designed the table settings, to those who gathered prizes and gift certificates for the Raffle table, to our "plein air" artist, Mary Lou John, who sketched and painted at one of the garden sites, and, of course, the "clean-up crew" who tidied the Fellowship Hall at the Gilford Community Church after the tour and its activities ended. The Club also wishes to thank the spouses and other family members who assisted our members in so many ways.

The Club is very grateful to the Gilford Community Church for providing the perfect venue for the Garden Tour Luncheon, Boutique, Raffle and Plant Sale. The Church's cooperation has been outstanding.

SEE LETTER PAGE A13

Send us your letters!

We seek your input! Tax rate got you down? Glen-dale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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E-mail us at steamer@salmonpress.com.

We're looking forward to hearing from you!

ALMANAC

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 librarian shushing me, but seeing all of the new floats at the start of the parade is something we all appreciate. I can confirm that there will be plenty of kids present and riding 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 donated 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 Program, special materials, and all the other wonderful things the Friends make possible.

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

people to fill a variety of odd jobs. You can sign up for any role or commit 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 somewhere around the Library 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 Discussion,
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 Discussion, 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 German Class,
2:30-3:30 p.m.

This month's book is

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 juveniles, and those of individuals taken into 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 Controlled/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 McCullough Inn in Maine" by Jen McLaughlin

Steven Conkey, age 36, of Gilford was arrested on Aug. 9 in connection with an outstanding bench warrant.

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

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

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

Two males from Epsom, ages 36 and 25, respectively, were taken into protective custody for intoxication on Aug. 12.

A 43-year-old male from Standish, Maine was taken into protective custody for intoxication 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.

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Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

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 & Cremation Services, 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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SOUTHWORTH
Communities

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 Gilman Iron Works, sells a variety of vegetables, plus home-made 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' View 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 Winnepeaukee 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 venders. 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.

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.

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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 Thomas collaborated with bassist Todd Carson, guitarist Nick Adams, and drummer Ted Larkin to make a demo cd, and do some gigs around the Boston area. Racky Thomas has a vast repertoire of tunes – blues from world-class bluesmen, plantation gospel (the original blues),

rocking electric blues, classic and obscure blues, and Racky Thomas blues! including "Matchbox Blues," "Biscuit-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

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

From the syncopated heart of New Hampshire, the Tall Granite Big Band carries on its Swing tradition Texas style! Organized in Concord last year, the 18-member band has its roots in Texas with music collected over seven decades by the late Houston bandleader Johnny 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 closely with Texas arrangers including Don Elam and Fred Baetge, and over time his bands acquired unique material reflecting the vital "Third Coast" culture and its influences, which help distinguish Tall Granite today.

Today, our members are drawn from around the Granite State and our focus – as it was in Dyson's day -- remains on dancing! Our Pitman's Dance Nights typically are prefaced with a complimentary Swing dance lesson from area instructors to help everyone acquire 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 Pitman's Freight Room and swing and sway or just relax to the Tall Granite Big Band's smokey horns and unique sound!

www.pitmansfreightroom.com Free Dance Lesson before the show from 7 – 8 p.m. Doors open at 6 p.m. For reservations, call 527-0043.

Saturday, Aug. 20,

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 Gilmanton during World War II? On Tuesday evening, Aug. 23, Pat Clarke, Gilmanton Historical 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 Gilmanton Iron Works, begins at 7:30. Social hour and refreshments begin at 7 p.m. The Society's museum 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. Programs are offered on the fourth Tuesday of each month, May through September. The final program, Sept. 25, brings

a tribute to Sarah Josepha Hale, editor of Godfrey's Lady's Book and best known for her campaign to have Thanksgiving 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 until noon. Donations to support the work of the Society are always welcome.

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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 Winnipesaukee 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



COURTESY OF THE WINNIPESAUKEE PLAYHOUSE

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 Winnipesaukee 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.winnipesaukeeplayhouse.org. The Winnipesaukee 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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The thrill is on!

\$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 Winnipesaukee 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.



COURTESY

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

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. Smi-



COURTESY
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.

leSquad will deliver the items to schools located in FSB's service area in time for when the new school session begins.

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.

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GUNSTOCK

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 campguy-hooligan@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



Gunstock Commissioner John Morgenstern finishes his ride on the coaster.

ERIN PLUMMER

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.

EXPO

(Continued from Page A7)

organization made up of members making a financial commitment to the Chamber and to the business community supporting 22 towns/cities. Chamber member businesses collaborate to create and promote a more engaged community and thriving economy for the

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.



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.

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

After the bike course is completed, racers will embark on the 13.1-mile run. Runners will travel 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.

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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 Garity 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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SPORTS

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



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 bid 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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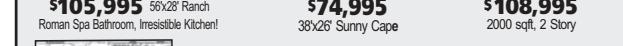
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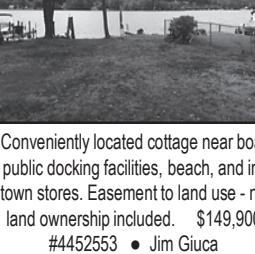
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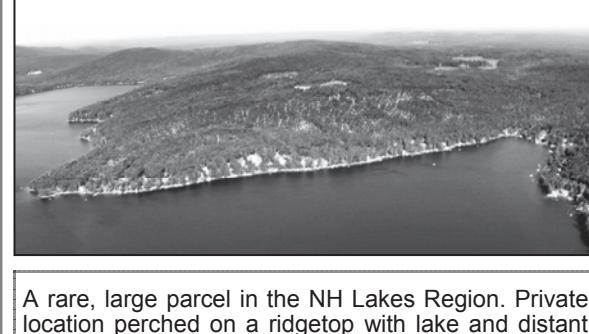


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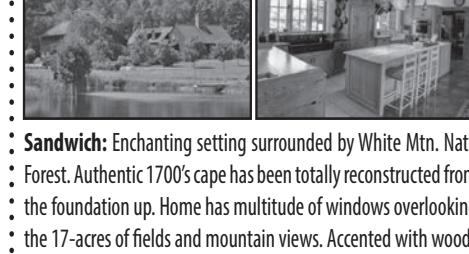
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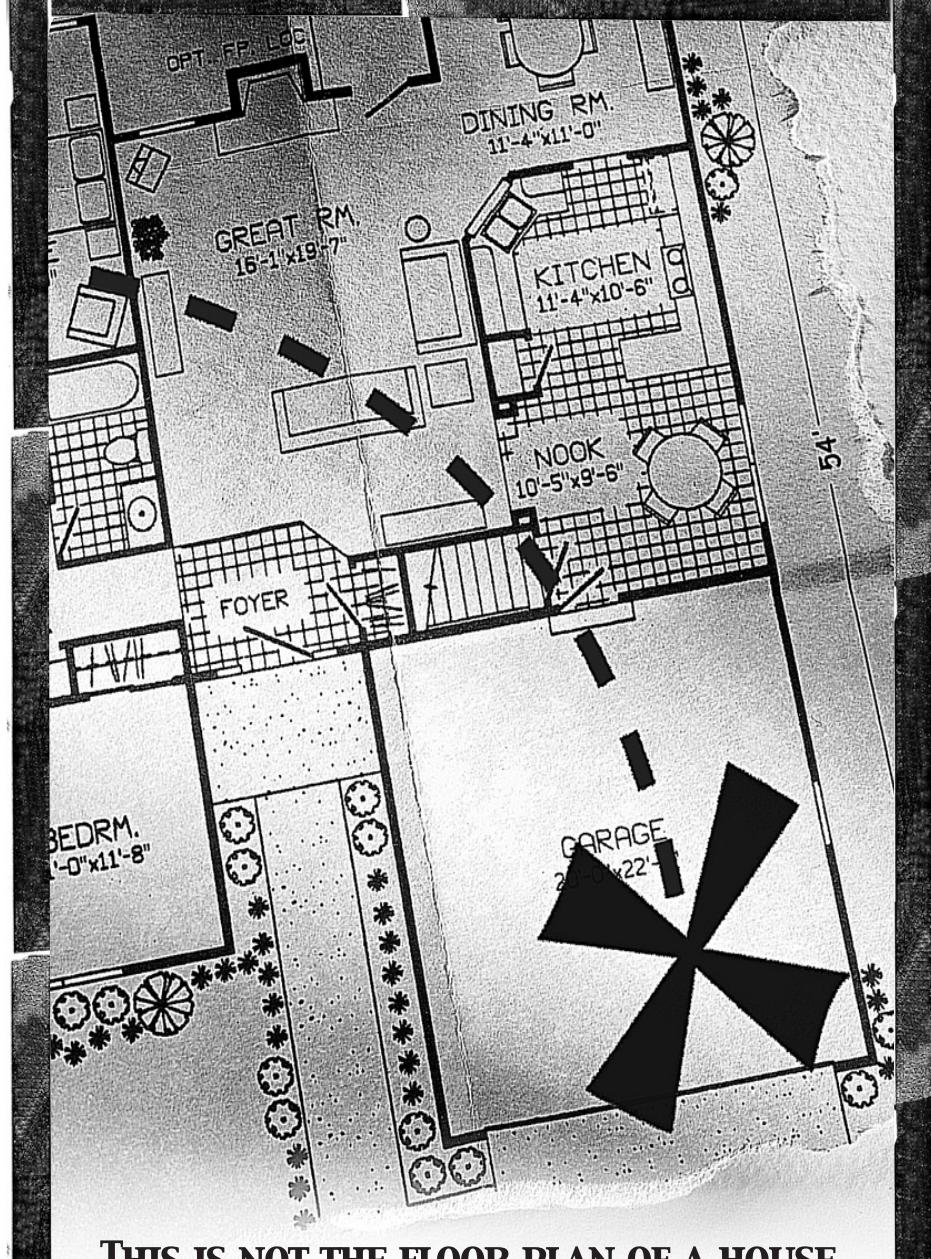
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Ask about our Coldwell Banker Home Protection Plan
Administered by **American Home Shield**

**"A PLUMBER, a POLICEMAN
and a DOCTOR WALK INTO A BAR..."**

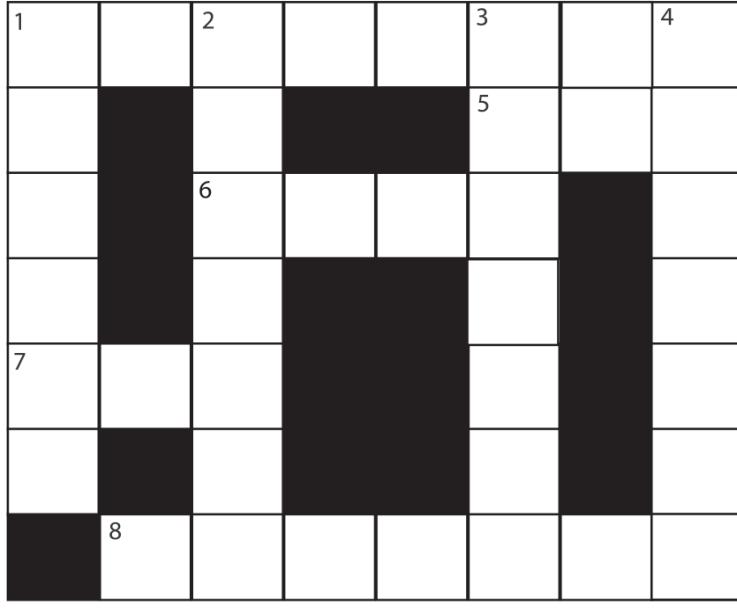
But it wasn't a bar for long. The local Police Department shut down Swifty's Lounge for illegal drug activity. Instead of condemning the property, they contacted their local community coalition. The coalition brought in contractors who donated their time to renovate the building. And the doctor got his hospital to volunteer services for families that need drug counseling.

It's funny what happens when we all work together. Communities become a better place for everyone, especially our children. Community coalitions bring other community groups together. And getting involved is easy. Just contact www.helpyourcommunity.org or 1-877-KIDS-313. They'll tell you how your group can help. You'll be surprised how much you can accomplish.

You get More WHEN you get together.



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:
1. Creamy 2. Lactose 3. Eatable 4. Stylish

Down
1. Coldness 5. Act 6. Coat 7. Moo 8. Refresh

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.

ANSWER: ICE CREAM

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.

New word

PREMIUM

something of superior quality

GET THE PICTURE?



CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: SOFT SERVE ICE CREAM

*How they
SAY that in...*

- ENGLISH:** Enjoy
- SPANISH:** Disfrutar
- ITALIAN:** Piacere
- FRENCH:** Apprécier
- GERMAN:** Genießen

J.D. Power 2016 IQS Results Are In And We Couldn't Be More Proud!



"Highest Ranked Compact Multi-Purpose Vehicle in Initial Quality" by J.D. Power For the 2016 Soul*



"Highest Ranked Small SUV in Initial Quality" by J.D. Power For the 2016 Sportage*

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\$0 Down + \$0 1st Month's Payment
+ \$0 Security Deposit + \$0 Due at Signing



2016 SOUL
MSRP \$17,265
AutoServ -\$463
Customer Cash Rebate -\$1000
Buy For \$15,802*
0% APR FOR 66 MONTHS AVAILABLE*

#KC6220

SAVE UP TO
\$1,463**SIGN IT & DRIVE IT**
LEASE**\$193**
/36 MO*
ZERO DOWN!

2016 FORTE LX
Automatic
MSRP \$19,355
AutoServ -\$863
Customer Cash Rebate -\$2000
Buy For \$16,492*
0% APR FOR 66 MONTHS AVAILABLE*

#KC6238

SAVE UP TO
\$2,863**SIGN IT & DRIVE IT**
LEASE**\$198**
/36 MO*
ZERO DOWN!

2016 OPTIMA LX
MSRP \$23,120
AutoServ -\$928
Customer Cash Rebate -\$2000
Buy For \$20,192*
0% APR FOR 66 MONTHS AVAILABLE*

#KC6228

SAVE UP TO
\$2,928**SIGN IT & DRIVE IT**
LEASE**\$207**
/36 MO*
ZERO DOWN!

2017 SPORTAGE LX AWD
MSRP \$25,515
AutoServ -\$1434
Buy For \$24,081*
0.9% APR FOR 60 MONTHS AVAILABLE*

#KT7046

SAVE UP TO
\$1,434**SIGN IT & DRIVE IT**
LEASE**\$272**
/36 MO*
ZERO DOWN!

2016 SORENTO LX AWD
V6
MSRP \$32,020
AutoServ -\$1545
Customer Cash Rebate -\$1500
Buy For \$28,975*
0% APR FOR 66 MONTHS AVAILABLE*

#SKT6175

SAVE UP TO
\$3,045**SIGN IT & DRIVE IT**
LEASE**\$323**
/36 MO*
ZERO DOWN!

2016 SEDONDA EX
PREMIUM
MSRP \$36,880
AutoServ -\$3615
Customer Cash Rebate -\$1000
Buy For \$32,265*
0% APR FOR 66 MONTHS AVAILABLE*

#KT6103

SAVE UP TO
\$4,615**SIGN IT & DRIVE IT**
LEASE**\$357**
/36 MO*
ZERO DOWN!

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*All prices and payments plus title (\$27) and administrative fee (\$362), excluding "Sign & Drive" (S&D). Pricing assumes all factory rebates and applicable incentives assigned to dealer and may not be combined with other promo offers or any direct mail sale voucher. Payments based on tier 0 (A credit) approval. KIA RETAIL: all "Buy For" payments require: ZERO down, 3.89% APR for 84mos & include all fees; actual rate and term depend on conditions of credit approval. KIA LEASES: All "Sign & Drive" (S&D) lease payments require NO security deposit, NO money down & include all fees in payment. All advertised lease payments reflect all discounts, manufacturer rebates and promotions (not all will qualify). KIA 36 month leases: #SKT6175: TOP \$11628 S&D, LEV \$19532; #SKT7046: TOP \$9792 S&D, LEV \$16839; #KC6220: TOP \$6948 S&D, LEV \$9150; #KC6238: TOP \$7128 S&D, LEV \$10258; #KC6228: TOP \$7452 S&D, LEV \$13409; #KT6103: TOP \$12,852 S&D, LEV \$16964. See dealer for details. All offers end on August 31, 2016.

*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.