

Gilford Steamer

THURSDAY, JULY 4, 2019

GILFORD, N.H.



COURTESY PHOTO

Four Gilford businesses receive Best of NH Awards

Gunstock was one of four local businesses to be selected by readers of New Hampshire Magazine as the state's best in their respective industries in this year's Best of NH poll.

BY ERIN PLUMMER

mnews@salmonpress.news

Four Gilford businesses have been named the Best of NH for what they do best by readers of New Hampshire Magazine. Patrick's Pub and Eatery, Gunstock, Bank of New Hampshire Pavilion, and Doggonit Training have received Best in NH awards for a number of different categories.

Thousands of votes were cast in New Hampshire Magazine's best

in NH Awards and 265 awards were given out to businesses across the state.

Patrick's Pub and Eatery was named the Favorite Restaurant for the Lakes Region, Best Burger in the Lakes Region, and tied for Best Chili in the state with Taco Beyondo of Hillsborough.

"Our managers and staff deserve this credit for their efforts and commitment to hospi-

tal, and we are all very proud of this recognition," said Patrick's co-owner Allan Beetle in a statement. "There are many great restaurants in the Lakes Region, and we are very grateful for our loyal customers who voted for us."

The awards come as Patrick's is celebrating its 25th anniversary.

Gunstock Mountain Resort was named Best Ski Resort and Summer Outdoor Attraction for

the Lakes Region. General Manager Greg Goddard announced this award to the Gilford board of selectmen in May.

"That's not only good for us, it's good for the town of Gilford to be the host town of the best ski area in the state of New Hampshire," Goddard said to the selectmen. "We're very proud of that."

Goddard said they had a great summer and winter season last year into this year. Last year

the resort had around 100,000 visitors for all their attractions including the campground with 51,000 visitors to the Adventure Park alone. Last year they had 162,000 visits by skiers, which he said is up around 8.5 percent from the year before.

Doggonit Training was named Best Dog Trainer in the state. Owner Kelly Sullivan said she was "humbled and honored" by this award.

"Everyone's support

has allowed my dreams to come true as I strive to offer the most positive and education-based training that I can and I am so proud that NH has chosen to support positive based learning," Sullivan said. "This year is also my business' 11th anniversary, so it feels incredible to be honored in such a way. I look forward to many more years of improving the relationship between human and canine through modern behavioral modification. Remaining an active part of the NH community creating saf-

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Library offers a "Universe of Stories" this summer

BY ERIN PLUMMER

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"A Universe of Stories" awaits kids and teens at the Gilford Public Library this summer with a huge amount of activities scheduled for the next month and a half.

The Summer Reading program kicked off on June 26, ushering in a summer of reading and events, space-themed and otherwise. More events are scheduled this coming week through the summer.

From July 9-11, children and teens in grades 5-12 are invited to sign up for Future Camp, a camp at the library where they

can learn about new technology and what's happening today and talk about what the future will look like. The camp will run 10 a.m.-1 p.m. and kids are asked to sign up.

Kids ages five to 11 can make Galaxy Slime at the library on July 9 from 1:30-2:30 p.m.

The library will host a Story Walk in the woods by Gilford Elementary School. Meet in the library parking lot for the hike at 10:30 a.m. The rain date will be July 11 at the same time.

Learn about nocturnal animals on July 11 for Under a Starry Sky: Nocturnal Animals.

Participants go through different interactive stations and doing activities like learning about animal tracks, animal constellations, and nature experiments. Participants will also do a "Lights in the Night" circuit project.

On Tuesday, July 16 at 1:30 p.m., kids can make "kryptonite" using rocks and glow in the dark paint.

Lindsay and Her Puppet Pals will pay a special visit to the library on Wednesday, July 17 at 4 p.m.

Teens in grades 5-12 can take part in Mak-

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Preservation group shares work at library

BY ERIN PLUMMER

mnews@salmonpress.news

From preserving historic properties to maintaining thousands of historic artifacts and many other duties, a representative from Historic New England talked about the organization's work preserving regional history

Gwendolyn Smith, Regional Manager for Northern New England, gave a presentation on Historic New England at the Gilford Public Library on Thursday.

Historic New England works to preserve properties and artifacts

from across the six New England states and is the country's oldest and largest regional heritage organization. The organization was founded as the Preservation of New England Antiquities by William Sumner Appleton in 1910. Appleton was active in historic preservation from the late 19th century to the early 20th century. He was part of the effort to save and preserve the Paul Revere House in Boston in 1905. Smith said there is a legend where Appleton threw himself in front of a demolition crew about to take down the Paul

Revere House. He also worked to preserve the Otis House on Beacon Hill in Boston, where the organization's headquarters are today.

Today the organization manages 39 different historic homes across the region. In New Hampshire they manage the Rundlet-May House, the Governor John Langdon House, and the Jackson House in Portsmouth; the Gilman Garrison House in Exeter; and the New Barrett House in New Ipswich.

Smith said the orga-

SEE PRESERVATION PAGE A8

GHS engineering project praised by Hassan

BY ERIN PLUMMER

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Gilford High School's Introduction to Engineering Class project to make special mobility devices for disabled kids has gone from the schools to Capital Hill. This past week, U.S. Sen. Maggie Hassan recognized the students as Granite Staters of the Month on the floor of the Senate.

In the months before the end of the school year in Dan Caron's Intro to Engineering class have been working on Go Baby Go, a project to turn Power Wheels into mobility devices for kids. The project was brought to the class by now graduated senior Troy Gallagher after he did a similar program at St. Paul's summer school.

Gilford Elementary School preschoolers George Gard and Morgan Schneider and first grader Chloe Collette received their own devices made specifically for them. The class delivered the devices to the kids at GES with help from the Gilford Police and Fire Departments.

Word of the project reached Sen. Hassan, who named the members of the class Granite Staters of the Month. Hassan created the Granite Stater of the Month program in 2017 as a way to recognize accomplishments by people in the

SEE PROJECT PAGE A8



FILE PHOTO

Members of the GHS Introduction to Engineering Class received recognition by Sen. Maggie Hassan for their Go Baby Go project.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Remember when the United States declared independence? Nope, neither can I. None of us alive today were alive then, which is why it is so important that the people who were there wrote about what happened. We don't have that lived experience, but we can read about it!

The same is true for much of history. A short walk through the History Sections tells the long tale of civilization. It's Independence Day, so let's focus on the American History shelves. David Immerwahr recently explained the history of the United States territories and off-mainland military bases in "How to Hide an Empire: A History of the Greater United States." There are many such places, and each has its own origin story. David writes in a way that makes the topic engaging for readers no matter how much

they know on the topic.

I love reading about the way cultures develop. "El Norte: The Epic and Forgotten Story of Hispanic North America" by Carrie Gibson takes a long look at North American history. Since the landing of Ponce de Leon in 1513 the Spanish influence on North America has ebbed and flowed, and its impact on modern history should not be forgotten. Native influence is another aspect of modern North America that should not be forgotten. We can learn about it from David Treuer's new book "The Heartbeat of Wounded Knee: Native America From 1890 to the Present."

Sometimes, an author is reason enough to draw us into a history. David McCullough is a well known writer of histories. He is particularly acknowledged for his 'readability', which is a fun way of saying that his history books read like a story instead of a textbook.

His most recent book, "The Pioneers: The Heroic Story of the Settlers Who Brought the American Ideal West," stays true to that reputation. Tony Horwitz also had a reputation for a 'lived-in' style of reporting. In his book 'Spying on the South: An Odyssey Across the American Divide' He makes a slow, physical journey along Appalachia and surrounding areas to see how connected the North and South of America remain.

If you like to read about curiosities, try "Aloha Rodeo: Three Hawaiian Cowboys, the World's Greatest Rodeo, and a Hidden History of the American West" by David Wolman. It's a bizarre story, which makes all the more fun to hear about. "Accidental Presidents: Eight Men Who Changed America" by Jared Cohen takes a closer look at presidents that were not elected, just thrown into the gig by succession. Their stories contributed to the

way the world is today.

In fact, the histories covered in these books all contributed to the way the world is today. Culture and society is complicated. Books help us understand.

Classes & Special Events
July 4 - July 11

Thursday, July 4
Closed for Independence Day

Friday, July 5
Social Bridge, 10:30am-12:30pm
Knit Wits, 1:30-2:30pm
Conversational German, 2:30-3:30pm

Monday, July 8
Walk With Ease, 11am-12pm
Geri Fit Classic, 11am-12pm

Join us for a video-led fitness class for adults over 65. Twice a week, work on your strength, stamina, and balance, following exercises from a video, all while seated in a chair.
Mahjong, 12:30-3pm.

Tuesday, July 9
Geri Fit: Hop & a Skip, 9-10am

Proprioceptive exercises are mixed in with the traditional Geri-Fit evidence-based workout lesson plan to further enhance motor skills, reaction time, and balance. This is a perfect video for fall prevention training and is suggested to those that are familiar with the Geri-Fit exercises and are seeking a more challenging workout.

Hook Nook, 10-11am
Future Camp, 10am-1pm

The Universe is MASSIVE and Technology is going CRAZY. Sign up for the Future Camp to try out new tech, chat with friends about what the future is going to look like, and get on top of what's happening. The camp is three days (July 9th-11th) from 10-1pm each day for teens in grades 5-12. Yes, there will be snacks!

Social Bridge,
10:30am-12:30pm
Galaxy Slime, 1:30-2:30pm

Come make your own galaxy slime, it will be out of this world! (sign up, ages 5-11)

Book Bites, 5-6:30pm
Join us for Book Bites Cookbook Club. Sign up at the library, cost is \$5.
Gilford Clickers Photography Club, 6:30-8pm

Wednesday, July 10
Trustee Meeting, 8:30-10am

Line Dancing, 9-10:30am

Check Out an Expert, 10am-12pm
Future Camp, 10am-1pm

See 'Future Camp' above.

Lakes Region Fiber Artists and Crafters, 10:30-1pm

Storywalk in GES Woods, 10:30-11:30am

Come enjoy the best parts of summer with a hike and a story. Meet at main Gilford Elementary parking lot. *Rain

date will be July 11th at 10:30am.

Storytime at the Beach, 12-12:30pm

Meet us at the beach for stories and fun!

Open Questions: Is Privacy Dead, 5-6pm

"Open Questions" is a thought-provoking community conversation presented by New Hampshire Humanities. Dr. Maria Sanders will be here to speak about privacy in the modern age.

Thursday, July 11
Geri Fit, 9-10am
Future Camp, 10am-1pm

See 'Future Camp' above.

Rain Date for Story Walk in GES Woods, 10:30-11:30am

Come enjoy the best parts of summer with a hike and a story. Meet at main Gilford Elementary parking lot. *Rain date will be July 11th at 10:30am.

Walk With Ease, 11am-12pm

Under a Starry Sky: Nocturnal Animals, 1:30-2:30pm

Come learn how night creatures adapted to survive night time environment, under a starry night. This is a hands-on program. Participants travel through interactive stations, where they can investigate animal tracks, animal constellations, explore hands-on nature experiments, and more!

Gilford Public Library Top Ten requests

1. "The Den" by Abi Maxwell
2. "Unsolved" by James Patterson
3. "The Big Kahuna" by Janet Evanovich
4. "Where the Crawdads Sing" by Delia Owens
5. "Educated" by Tara Westover
6. "Redemption" by David Baldacci
7. "The Friends We Keep" by Jane Green
8. "The Silent Patient" by Alex Michaelides
9. "The Mother-In-Law" by Sally Hepworth
10. "The Summer Guests" by Mary Alice Monroe

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Rafting for Wishes teams meet their Wish Buddies



Team Meredith News MONSTARS were excited to meet their Wish Buddy, Brooklyn Gallagher (center), during a Rafting for Wishes social event at Tilton AutoServ last Thursday for the Make-A-Wish New Foundation of New Hampshire.

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – Teams participating in this year’s Rafting for Wishes fundraiser for Make-A-Wish New Hampshire gathered at Tilton AutoServ on Thursday, June 20, for a social event where they enjoyed pizza and ice cream as they got to meet their Wish Buddies. Make-A-Wish supports children with serious illnesses or disabilities by providing them the opportunity to have a special wish granted, whether that be a relaxing family vacation after surgery or chemotherapy, a unique backyard playground to meet their needs, the chance to meet with a hero, or assistance in supporting another cause that is near and dear to their hearts.

Wish Buddies are some of the children whose wishes were granted that now want to help others get a wish like they did through supporting the Rafting for Wishes fundraiser.

So far this year, more than 23 local teams have signed up to take part in Rafting for Wishes on Meredith Bay, including the Meredith News

MONSTARS of Salmon Press, our family of local newspapers in central and northern New Hampshire.

Last Thursday, six of the company’s staff members attended the social where they got to meet their Wish Buddy, 14-year-old Brooklyn Gallagher, formerly of Hampton, who is successfully battling Hodgkin’s Lymphoma.

Brooklyn said her wish was to help rescue animals from a southern state shelter with a high kill rate, then bring those animals to New Hampshire.

Through her wish, a number of cats and dogs were brought to New Hampshire, where they were first medically cleared for adoption. Make-A-Wish then gave Brooklyn and her friends a limo ride to the local shelter where through their Adoption Day, they pitched in to help them all find new homes. Thanks to her selfless wish, eight dogs and three cats found forever homes that day.

“I could have gone on a vacation but I love animals and this is a more lasting wish; that’s what I wanted,” she said. “It made me feel so much better to know that they

weren’t in a kill shelter anymore.”

Coincidentally, Brooklyn was greeted at last week’s social in Tilton by the friend of someone who had adopted one of the dogs she rescued through Make-A-Wish. She was excited to learn that all was well with the dog and its new family.

The MONSTARS were excited to finally meet Brooklyn, too, and said they hope to raise a lot of money to help others.

“We really want to see other kids like Brooklyn get their wishes granted and we’re working hard to support them,” said Meredith News MONSTARS team leader Beth Tobyne.

Tilton-Northfield Rotary is another team taking part in Rafting for Wishes and while their Wish Buddy couldn’t attend the social last week, team member Lisa Drew said it was no problem as they already know her well.

“We’ve had Hannah as our Wish Buddy for the last three years, which is exciting and we look forward to seeing her another time. We came tonight just to be part of it all and see the other teams meet their

buddies,” said Drew.

Fellow Rotary team member Heather Bishop-Dumka said she joined the initiative this year because while the 24-hour Rafting for Wishes event is certainly a bit of an endurance challenge, it’s nothing compared to what children facing cancer and other life-threatening illnesses experience.

Others participating so far in the 24-hour rafting challenge on July 19-20 off Meredith’s Hesky Park are: Team AutoServ/Max; Team Blue Lion LLC; Brick and Barn Real Estate; Team Common Man; Team Derti OCR; Team Hubbell NH; Banking for Smiles; Team BNH; Team Bottoms Up; Lakes Region Leaders; Team Landlubbers; Ladies of the Lake Aqua Ducks; Team Landscaping Lake Life; “The Locals”; Smooth Sale-ing; Team Superheroes; Binnie Media Radio Waves; Lyon’s Pride; and Team Wish Away Floaters, along with the Meredith News MONSTARS and Tilton-Northfield Rotary.

Nikki Lyons Lahey of Make-A-Wish also announced at last week’s event that once again an anonymous donor had stepped up to match all donations up to \$20,000 made before June 23 for the 2019 Rafting for Wishes campaign.

“Last year, this person donated \$15,000 to Rafting for Wishes. This is someone who simply said she would like to make her money grow and inspire others to donate,” said Lahey.

To continue to make donations to any of the teams for the July 19-20 Rafting for Wishes fundraiser, please visit <https://friends.nh.wish.org/campaign/2019-rafting-for-wishes>. Scrolling

toward the bottom of the page, people can select “All Teams” on the right hand side, then choose any of the more than 20 teams they wish to support.

Donations of any amount for the Meredith News MONSTARS are also gratefully appreci-

ated and, besides the online site, can be mailed to Meredith News at P.O. Box 729, Meredith, N.H. 03253 (Attention: Beth), or dropped off at the Salmon Press offices located at 5 Water St. in Meredith.

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Representatives of 23 local teams who have signed on so far for Make-A-Wish New Hampshire’s Rafting for Wishes fundraiser in Meredith next month met with their Wish Buddies at Tilton AutoServ last Thursday night.

Potential Senate candidate to address Belknap County Republicans

LACONIA — The Belknap County Republican Committee (BCRC) has announced that their next monthly meeting will be held on Wednesday, July 10, at 6:30 p.m. at the Laconia VFW Post 1670, 143 Court St., Laconia.

With the 2020 election now gaining a lot of attention, the Committee will be hosting a variety of candidates for office in their upcoming meetings. Currently, there are three Republicans considering a run for US Senate. This month, potential US Senate candidate, Bryant “Corky” Messner, will be their guest speaker. Messner, a West Point graduate, will share his background and his reasons for considering running for the US Senate against incumbent Democrat US Sen. Jeanne Shaheen.

Agenda items to be covered during the “business” portion of the meeting will include the results of the May 31st annual Belknap County Cruise on the M/S Mount Washington on Lake Winnepesaukee, future fund raising events, and subcommittee reports regarding membership and town committees with the focus

on “ramping up” for the 2020 election.

Belknap County GOP meetings are open to ALL Republicans and like-minded Independents.

The Committee again encourages its members to continue to bring non-perishable food items for donation to local food pantries.

For more information about the Committee, please check the Committee’s website at www.BelknapCountyGOP.org or send an email to alan.glassman@gmail.com.

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Photo: Brad Dumont, NHMF

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MARK ON THE MARKETS

Financial abuse and older Americans

BY MARK PATTERSON

Before I begin to share information regarding the financial abuse amongst our seniors, I must state that I know, or have known, people near 100 years old that have not lost cognitive abilities and remain very sharp, so just realize that this information is a generalized statistical study.

According to new research from Daniel Marson, a professor of neurology at the University of Alabama-Birmingham, adults in their 60s and 70s start to exhibit declines in financial abilities, including a vulnerability to potential telephone fraud, difficulty with making change at checkout and having a harder time at prioritizing bills. Those diminished abilities can become a real struggle when trying to keep up with everyday financial management tasks.

The findings suggest that there are several warning signs that friends or family members can look for in order to give them indications that there may be trouble ahead for this person. An untouched stack of mail may indicate that bills are not being paid and they have fallen behind, which is even more of a problem. Calculating a tip at a restaurant or figuring out a deductible on a medical bill could be a sign of cognitive decline. Even a lack of personal hygiene from someone who previously never had an issue with their cleanliness. Overlooking investment risks and focusing on the benefits rather than the risks of potential loss is a problem that may be associated with age.

Research also confirms that people typically live longer than they had anticipated, creating planning problems around their long term health plans, or just having adequate income to live. I have experience with clients that wanted to go for a high risk investment for a big return out of desperation. That desperation opens them up to "get rich quick" schemes that are targeting seniors and their money, and as we all know, there are plenty of crooks and scammers that target elderly folks. Contractors, financial advisors, lawyers and even family members can be the culprits looking to take advantage of the vulnerable. Contactors, financial advisors, accountants and lawyers can be checked out for problematic pasts, but a family member with bad or selfish intentions can be most difficult to recognize. For those seniors with a spouse, make sure your spouse is aware of what is going on with the investments and household finances that is just a good practice for a number of reasons. For those without a spouse or partner, a sibling, son, daughter or close friend may be honored to have you "consult" regarding day to day financial decisions.

The good news is that aging is not all bad. We often times gain wisdom and increased pattern recognition as we age. Those who stay physically and mentally active may hold off the effects of aging for an indefinite amount of time.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

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We're looking forward to hearing from you!



COURTESY

Local physician inducted into Rotary

Christopher Krupp, MD of Laconia, a full-time staff Physician in the emergency department at Huggins Hospital was recently inducted into Laconia Rotary. Pictured (L to R): Sponsor and father of inductee Gerry Krupp, Christopher Krupp, and Laconia Rotary President Kevin Conway.

North Country Notebook

The glaciers had their way, but buttercups rule the day



By JOHN HARRIGAN
COLUMNIST

"Crafted in the USA," it said in big letters on the small bag of Purina Dog Chow. We are between brands just now, so it was time to try out something a little different. But there was one more statement for me to absorb about this dog food, which was that it was crafted "with American-raised chicken by people who care."

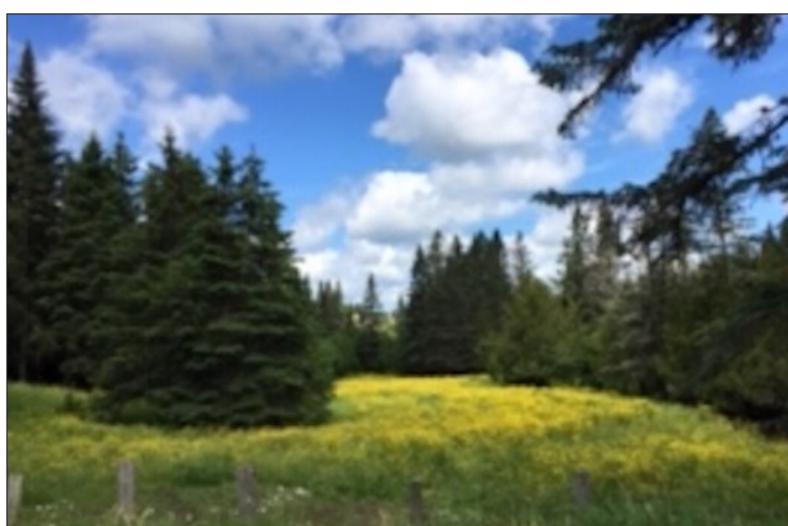
I'm a little uncomfortable with calling her "my dog." She clearly thinks I'm a dog--that I'm the alpha male in her family group.

When I'm sitting in my Command Central chair, watching the latest news from Washington or something, she's right there, wedged into the too-narrow space (but never mind) between my leg and the arm of the chair. Every now and then her ears perk up, and her little black nose never stops twitching. She is scanning our surroundings for any sign of danger.

In fact, she is doing her job, which is to protect me. And she takes it very seriously. I will not add "Just ask my family and friends," because someone might actually do so, and one or maybe both of us--man and dog--could wind up in the slammer.

+++++

"Borrow pit" is a term I didn't hear until relatively late in life. Don Tase, then a forester for Champion International, used it almost blithely during our day-long truck-tour in Perry Stream valley, as if everyone had grown up with it. "What was that



JOHN HARRIGAN

In Bishop Brook valley, you go by a "borrow pit"—a gravel pit—and around the next corner is a beautiful scene dominated by thousands and thousands of buttercups.

again, Don?" I said, and then asked him to spell it.

I've ever since wondered about the origins of "borrow pit" but haven't had time to do the sleuthing. The irony of the term, I guess, stems from the notion that if you're building roads in a certain valley, you never really take any rock and gravel all that far, at least comparatively--you more or less just push the stuff around. The glaciers, on the other hand, "borrowed" entire ridges and ranges, ground them up, and deposited the remains as outwash, somewhere down the valley or miles and miles downstream.

This was child's play for a glacier. If glaciers could talk, I think they'd chide us for overstating our importance.

The Bishop Brook valley is one of my favorites, for the stupendous work the glaciers did there. For millennia, evidently, a glacial dam above the present-day Beecher Falls rapids diverted the Connecticut River to flow southeast, up Bishop Brook valley, and form a giant whirlpool at the bedrock dike at West Stewartstown before roaring southwest toward Colebrook, leaving the snake-like riverbed that Route 145 follows today.

+++++

The Owens boys, as everyone calls them (how old are those guys, anyway?) are longtime farmers along Bishop Brook valley. When I set up the first Geological Tour of the North Country a few years back (about 25 years, in fact), two of the 15 or so stops were on Owens land, and I made a phone call for the affable okay.

There is tremendous interest out there as to how this landscape we love so much, and is somehow part of us, seemingly down to our souls, was shaped and changed. Science and research have come a long way, but there is still scant material available to the layman. Experts cannot even agree on how many times the glaciers pushed south to New Hampshire and beyond. Boulders and slabs of rock from Labrador have been found as far south as the Carolinas, our local longtime rockhound and armchair geologist Dr. Herb Gifford said. Herb delved into these and related topics in his book Colebrook: A Place up back of New Hampshire, out of print but available at libraries all over New England.

We filled one bus and could have filled another for that tour, and as it was we had a mile or so of vehicles following us. With a little nudge and the promise of some help, I'd set up another geological tour up in a heartbeat.

+++++

Of all our marks on the calendar to make sure we don't lose our connections with our past, the Fourth is my favorite, perhaps because it's the only holiday I can think of that's not driven or attended by some degree of guilt.

So we have a lot of staging some pretty impressive fireworks the night before the Fourth (what's with that? It gets better every year), and then of course parades big and small on the day itself, and we fry chicken and check out yard sales and canoe cross the pond to visit neighbors and go on truck tours and just wheel ourselves around the landscape so our flags will fly a little better, and try to catch up on the latest generation of kids, and even who has a new dog (everyone).

I hope everyone gave a bit of thought this week about how those families way back two and a half centuries ago laid everything on the line to make this all happen. I always find a way to have fun on this country's birthday, not hard to do in a town and a territory like this, but I try to give a little thought to the men and women who had the courage to put land and lives right on the line, and no turning back.

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

GILFORD HIGH SCHOOL HONOR ROLL

Gilford High School has released its honor roll for the third trimester of the 2018-2019 school year.

Grade 9 High Honors: Shealagh Brown, Kaleena Dyer, Vanessa Genakos, Nicole Green, Avery Marshall, Josh Merriam, Marlow Mikulis, Mack-

enzie Roys, Lindsay Shute, Lauren Sikoski, Jacqueline Wright, and Esther Wrobel.

Honors: Claire Bartley, Eva Bondaz, Jack Cennamo, Joshua Dery,

Danielle Giardini, Tyler Hazelton, Ashley Kulcsar, Hale Kutuk, Van Langathianos, Zoe Lehneman, Karina MacLeod, Riley Marsh, Austin Normandin, Ethan Nowack, Blythe O'Connor, Reece Sadler, Catherine Stow, Kate Sullivan, Griffin Tondreau, and Mitchell Townsend.

Grade 10

High Honors: Alexandria Aquaro, Blake Bolduc, Tyler Browne, Peter Christensen, Bridgette Dahl, Annabelle Eisenmann, Andrew Flanders, Alyssa Gosselin, Kendall Jones, Mae Kenny, Jennifer Laurendeau, Kayla Loureiro, Brayden McDonald, Kaelan O'Connor, Carson Ormes, Kathryn Osburn, Lindsey Sanderson, Sofia Sawyer, Grace Shoemaker, Elizabeth Swarthout, Bethany Tanner, and Charles Townsend.

Honors: Alexander Berube, Jonas Bilo-deau, Angela Bonnell, Kyle Brent, Jordan Browne, Jonathan Buttrick, Thomas Cain, Alexander Cheek, Jack Christensen, Kayla Cisneros, Caroline Dean,

Grace Denney, Chandler Green, Ella Harris, Brady Logan, Logan McBride, Jack McLean, Katalyna Mitchell, Jacqueline Nash, Catherine Pingol, Serena Pugh, Chelsea Sasserson, Emma Tierno, and Jordan Witham.

Grade 11

High Honors: Cody Boucher, Alysha Burton, Myranda Byars, Erica Cao, Jillian Cookinham, Jenna DeLuca, Benjamin Gardiner, Shannon Gately, Laurel Gingrich, Gwendalynn Knipping, Kolbi Plan-te, Maxwell Stephan, Ian Taylor, Joshua Testa, Faith Tubbs, Elena Uicker, Joseph Voivod, Abigail Warren, Colton Workman, and Molly Wrobel.

Honors: Olivia Anas-tasy, Taylor Anderson, Adin Cisneros, Olivia Comeau, Samuel Drew, Naomi Eldridge, Bri-anna Fraser, Natalie Fraser, Michelle Gal-lant, Katiana Gamache, Kathleen Hackley, Samantha Holland, Ramsey Landry, Syd-ni Lehr, Kyla Mercier, Brady Reynolds, Connor Sullivan, and Cyndal

VanSteenburg.

Grade 12

High Honors: Nicole Berube, Melody Davies, Rhiannon Day, Michael Eisenmann, Meredith Ellis, Devin Farrell, Troy Gallagher, Alexander Goodine, Ashley Lou-reiro, Gregory Madore, Matthew McDonough, Gwenhwyfar Stracchi-no, Emily Waite, Han-nah Waite, Ryan With-am, and MacKenzie Yale.

Honors: Ryan Ames, Hunter Blake, Alexan-der Cameron, Brandon Cole, Josey Curley, Kaitlyn Dwyer, Abigail Fillion, Mariah Fin-ley-Gardner, Jennie Gannon, Taylor Hurst, Rachel Langlitz, Steven MacDonald, Michael Maltais, Robert Malynn, Margaret McNeil, Sam-uel Mercer, Ashleigh Mongovan, Erika Mosh-er, Garrett Patch, Nicho-las Perry, Ansel Randall, Michaela Robertson, Samuel Ruchti, Karly Sanborn, Ian Sanville, Mathieu Sherburne, Miaya Shurbert, Damon Shute, Brian Tremblay II, and Kendall Yukne-wicz-Boisvert.

Kyla Thompson of Laconia makes President's List for spring 2019

RANDOLPH CENTER, Vt. — Vermont Tech is happy to announce that Kyla Thompson of Laconia has achieved President's List honors in the Associate of Science in Nursing program. To make the President's List students must maintain a 4.0 or higher average for the semester while being enrolled in at least 12 letter-graded credit hours.

President Moulton said, "I continue to be impressed and humbled by the great work our students are capable of. Congratulations to all of the students who achieved honors this semester."

About Vermont Tech

Vermont Technical College is a leading public college with a mission of applied education and student-centeredness. One of the four institutions of the Vermont State Colleges System, Vermont Tech serves students from throughout Vermont, New England, and beyond at its residential campuses in Williston and Randolph Center, regional campuses in Brattleboro and Bennington, and at six nursing sites located throughout the state. Vermont Tech features state-of-the-art laboratory experience and a highly personalized classroom and student-life experience. All of our programs utilize a technological educational component, from the simulators used by our nursing program around the state, to manufacturing laboratories in Randolph Center and Williston. Our academic programs encompass a wide range of engineering technology, agricultural, health, and business fields that are vital to producing the knowledgeable workers needed most by employers in the state and in the region. www.vtc.edu.

Sierra Juneau of Gilmanton named to the UNH Dean's List

GILMANTON — Sierra Juneau of Gilmanton has been named to the Dean's List at the University of New Hampshire for earning Highest Honors for the spring 2019 semester. Juneau is majoring in BusAdm:Finance.

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

Alexa McNamara of Gilmanton Iron Works named to UNH Dean's List

GILMANTON — Alexa McNamara of Gilmanton Iron Works has been named to the Dean's List at the University of New Hampshire for earning Highest Honors for the spring 2019 semester. McNamara is majoring in Communication. She was a 2017 graduate of Gilford High School.

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or bet-

ter out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100

million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.

GILFORD MIDDLE SCHOOL HONOR ROLL

Gilford Middle School has released its honor roll for the third term of the 2018-2019 school year

Grade 5

High Academic Honors: Olivia Albert, Luke Crawford, Jade Nicolas, Maria Tilley.

Academic Honors: Hailey Bean, Lauren Belerose, Faith Benedict, Mason Bickford, Anna Burke, Emilia Burlock, Benson Chen, Madison Clayton, Sean Ellis, Sophia Fessenden, Addison Guyer, Norah Lee, Taryn Limanni, Madeline Lovely, Kendall Madon, Alyssa McKenna, Elijah Moneysmith, Rylan Paradis, Ella Poire, Sydnie Quimby, Henry Sleeper, Mark Uicker, Declan Voivod, Abigail Watson.

Grade 6

High Academic Honors: Rachel Beck, Clark Blackwelder, Anna Coapland, Mallory Daley, Georgia Eckhardt, Madeline Isabelle, Cassandra Marie Israel, Harry Jenkins, Isabelle Johnson, Kendall Myers, Kaitlyn O'Brien, Lamija Pintol, Kaegan

Sanville, Alana Sawyer, Benjamin Wolpin.

Academic Honors: Hunter Bell, Makenna Clayton, Leah Davignon, Cameron Drouin, Kyle Gandini, Andrew Gately, Giselle Gilley, Evan Guerin, Nicholas Haddock, Camden Hayden, Micah Javalgi, Olivia Keenan, Carter LaLiberte, Megan Legro, McKenzie Leroux, Ava Lien, Lauren Nazer, Sophie Powers, Carson Sadler, Jordan Samson, Benjamin Selfridge, Benjamin Smith, Jasmine Stewart, Brody Testa, Addison Wells.

Grade 7

High Academic Honors: Elizabeth Albert, Aiden Bondaz, Samantha Dahl, Carter Forest, Caroline Guest, Madelyn Guest, Ryan Guyer, Haukur Karlsson, Abigail Kenyon, Ellie Nicolas, Christopher Port, Rylee Rizzitano, Lydia Stefan, William Wallace.

Academic Honors: Ean Bickford, Noah Bolduc, Caroline Colby, Caleb Giovanditto, Kimberly Griffin, Michael Guerin, Lela Hodgkins, Scott Kulcsar, Eva Lac-

ey, Charlotte Lehr, Rosabella Lesniak, Colin Logan, Vincent Marcella, Allison Marshall, Emma McBride, Andrew McDonough, Riley Powers, Isaiah Reese, Chloe Romprey, Abigail Seal, Rylee Stefan, Evan Stewart, Benjamin Suranyi, Alden Townsend, Ryan Turmel, Addy Wernig, Benjamin Williams.

Grade 8

High Academic Honors: Samuel Cheek, Michael Kitto, Madison Nash, Savannah Neuman, Jalen Reese, Ethan Roys, Ashley Sanderson, Joseph Schelb, Taryn Wernig.

Academic Honors: John Blandford, Jordyn Byars, Carson DeHart, Patrick Gandini, Murphy Harris, Madison Hazelton, Lacey Houle, Cole Howard, Sydney Irons, Allison Kenyon, Riley Logan, Emily Moynahan, Lauryn Nash-Boucher, Alysén Pichette, Christine Pingol, Jesse Powers, Tyler Rizzitano, Grady Shoemaker, Lexi Shute, Avery Totten, Maria Uicker, Emily Watson.

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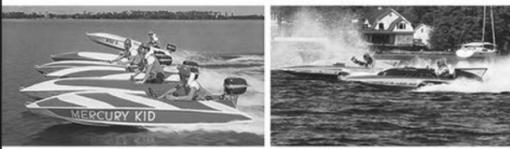
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Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 101
with any questions regarding the submission process.

Savanah Miles named to Dean's List at Bryant University

SMITHFIELD, R.I. — Bryant University is committed to the pursuit, recognition, and celebration of academic success. Savanah Miles, class of 2019, from Laconia, NH, has been named to the Deans' List for the spring 2019 semester.

Congratulations to Savanah on this outstanding achievement!

For 156 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,700 graduate and undergraduate students from 38 states and 53 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

Area residents named to Dean's List at University of New England

BIDDEFORD AND PORTLAND, Maine — The following students have been named to the Dean's List for the 2019 spring semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders

in their chosen fields. We are home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts.

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Gilford

Kaelin Cegelski
Olivia Cram
Brogan Hurst
Jillian Lachapelle
Sarah Lachapelle
Michael Madore
Spencer McEvoy
Elizabeth Relf

Area resident graduates from Mercer University

MACON/ATLANTA, Ga. — Mercer University conferred Bachelor's, Master's and doctoral degrees to more than 2,200 students representing 12 schools and colleges at four ceremonies during May in Macon and Atlanta, including Hope Walker of Gilford, who received a Bachelor's degree in Business Administration.

Founded in 1833, Mercer University is a dynamic and comprehensive center of undergraduate, graduate and professional education. The University enrolls more than 8,700 students in 12 schools and colleges - liberal arts, law, pharmacy, medicine, business, engineering, education, theology, music, nursing, health professions, and Penfield College of Mercer University - on campuses in Macon, Atlanta and Savannah - and two regional academic centers in the Atlanta metro area.

Katie Dobbins To Perform 5Th Annual July 4Th Show In Meredith

Singer-songwriter Katie Dobbins returns home to the Lakes Region for her fifth annual July 4th show. A contemporary folk and new country artist, Dobbins will be performing an acoustic set of original music, including songs from her newly released album *There Is Light*. Every year, Dobbins celebrates the freedoms enjoyed in America by offering a free performance on the corner of Dover and Main Street in Meredith NH. If you're one of the thousands who come to witness the spectacular fireworks show over Meredith Bay on July 4th, come early between 5 and 8 PM to relax and enjoy some music. There will be special guest performances from other local musicians as well!

ABOUT KATIE
Awarded Best in State of NH at the 2018 New

England Music Awards, Katie Dobbins draws from a palette of contemporary folk and new country to create a genre uniquely her own. With a mastery of storytelling and the heart of a poet, this soulful songstress captures elements of life and relationships in ways that lift the spirit and challenge the soul. Dobbins' music has been featured by renown press outlets including *Deli Magazine* and *Boston Voyager*. Carolyn Kruse of *Country 102.5 WKLB* raved, "Sweet but bold, Katie's voice is reminiscent of one of her heroes, Jewel, but only deeper... a fearless spirit with a gentle touch." Tom Bianchi, Talent Buyer at Somerville's *The Burren*, voiced "her message is as important and symbiotic with the music. With gorgeous harmony and song Katie lyrically weaves in stories of healing, grow-



ing and moving forward through the struggles of life." Dobbins enhances this energy through her sophomore album, *There Is Light*, with remarkably honest songs that capture seasons of both hardship and joy, but hold onto the hope that light will always illuminate and overpower darkness. Singles from *There Is Light* have hit airwaves on prominent New England radio stations including *The River*, *The Hawk*, and

WATD, and the full record is available on all digital platforms.

5th Annual July 4th Show

Free Outdoor Music Event w/ Katie Dobbins & Friends

Corner of Dover St & Main St

5 - 8 PM

CONTACT

Please contact Katie Dobbins at katedobbins-music@gmail.com with questions.

Laconia Area Bicycle Exchange seeks new executive director



LACONIA — John Rogers, the founder and executive director of the Laconia Area Bicycle Exchange, is stepping down from his post and seeking a new leader to run the organization that provides affordable bicycles to area residents.

Since officially founding the Laconia Area Bicycle Exchange, with the help of Better Together in December 2013, the exchange opened on April 15, 2014. Rogers and his crew of volunteers have supplied 750 bikes to those who benefit from bicycle transportation—for work, errands and exercise. The exchange has a close association with the WOW Trail as it provides safe and healthy riding options for clients.

"We're a benefit to the community," said Rogers. "We saw the opportunity to bring the service of alternative transportation to Laconia, something that wasn't there before. This has benefitted 120 bike recipients per year."

He added, "A nonprofit like this accomplishes so many goals—encouraging environmentally friendly transportation, the concept of reduce-reuse-recycle and even healthy living, while most importantly, providing an essential service to those who need it most."

the bike exchange and hopes it's possible that a replacement executive director can be found.

Leaders of the WOW Trail and Rogers have partnered well together to raise awareness about the WOW Trail and also encourage area residents to use the pathway.

"Now with four and a half miles for trail users to enjoy, there are many more bicycle riders using the trail and not just for recreation, but also for commuting to work or running errands," Beetle said. "The Bicycle Exchange has helped many people get set up with a good, working bicycle."

The new executive director for the bike exchange will lead a team of four great volunteers, some of whom have been with the nonprofit since its start—Mark Townsend, Steve Cobb, Joe Bush and Cliff King.

Rogers got the idea to create a nonprofit after taking part in the Landmark Forum, an international organization designed to inspire permanent quality-of-life change in communities around the globe.

In the program Rogers took part in, he was challenged to take an action that would better his community. He was working in the social services sector at that time and had begun collecting used bicycles at transfer stations; he repaired them and gave them to clients he served who were living with mental illness.

He decided to put a structure around his philanthropy, developing a nonprofit that would solicit bicycle donations and then provide bicycles at low cost to those who could not otherwise afford one.

Rogers' organization got real traction when he was granted a \$5,000 start-up award from the New Hampshire Charitable Foundation in 2014. He opened the exchange's first location on Messer Street. Since then, the nonprofit has moved to Court Street and then to its current location on New Salem Street.

Bicycles come to the exchange now through individual donors, col-

lection at transfer stations and from the Gilford Police Department. In the organization's early years, the bicycles were free to those who requested one; now, there is a fee that ranges from \$10 to \$50, depending on the style of the bike and its age and condition.

"It's really a wonderful thing to see how much we operate by the generosity of people in the community," Rogers said. "Bikes are donated to us by individuals, police stations who have unclaimed bikes and transfer stations that know to hang onto the bikes for us."

Rogers grew up in Gilford and has long had an activist spirit. He has operated his family's organic farm in Gilford and an organic apple orchard and cider mill in Northumberland that also generated hydro-electricity. He believes in protecting the Earth, conserving open spaces and giving back to his community.

Before he sold his family's dairy farm a year and a half ago, for instance, Rogers put a conservation easement on the property so that it's protected from development. "I'm very conservation-minded," he said, noting he is involved with the Society for the Protection of New Hampshire Forests. "I want to do my part to protect the environment."

Rogers was also a volunteer with the Friends Program, the New Hampshire Charitable Foundation, and Waypoint, and he is also a financial donor for various area organizations.

The Laconia Area Bicycle Exchange currently has about 20 bikes ready to go out the door, with about 75 to 90 in its total inventory.

To express interest in becoming executive director of the Laconia Area Bicycle Exchange, or for a job description, contact John Rogers by phone at 630-7571 or by email at labx2014@yahoo.com. For more information, visit the nonprofit's website at www.labx.bike or like Laconia Area Bicycle Exchange on Facebook.

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Gilford Parks and Recreation News

BY HERB GREENE

D i r e c t o r
Gilford Parks
and Recreation

Old Home Day Committee accepting sponsor forms and parade applications The Gilford Old Home Day Committee is currently accepting Sponsorship Forms to have your name listed in the Old Home Day Program Booklet and Parade Applications for the Old Home Day Parade to be held on August 24th. These forms are available at both Bank of New Hampshire locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation Web site at www.gilfordrec.com. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Senior Moment-um Walter's Basin/Squam Lake Boat Tour on Monday, July 15! The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um Program on Monday, July 15. Participants will meet at the Gilford Town Hall at 10:45 a.m. to carpool to Holderness to enjoy a lunch at Walter's Basin Restaurant, followed by a 90 minute boat tour of Squam Lake. Participants will choose off a limited sandwich menu of chicken salad, bacon cheeseburger, fried haddock or pulled pork, to be served with fries and a non-alcohol-

ic drink. The cost of the lunch and boat tour is \$42 per person and payment must be received no later than the RSVP date. All participants must RSVP with the Parks and Recreation Department and pay the trip fee no later than Thursday, July 11. To RSVP or for more information, please contact the Gilford Parks and Rec. Dept. at 527-4722.

Archery Lessons
The Gilford Parks and Recreation Department is sponsoring a four-week session of Archery instruction, to be led by certified archery Art of Archery. This program will be held on Tuesday afternoon/evenings from July 9 - July 30 at the Arthur A. Tilton Ice Rink. Both Beginner and Intermediate lessons will run from 4:00-5:00 p.m. These classes are open to Youth and Adults ages seven years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com. Cost: \$70 per person and includes all necessary equipment. For more information, please contact the Parks and Recreation Department at 527-4722.

Challenger British Soccer Camp
The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 15 - July 19 at the Gilford Vil-

lage Field. This camp offers a 3-hour program for children ages six to 14 and a one-and-a-half-hour program for children ages three to five. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at www.challengersports.com. Cost: \$132 for ages 6-12 and \$97 for ages three to five For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Horsemanship Camp
The Gilford Parks and Recreation Department, in partnership with the Lakes Region Riding Academy, is offering a number of Horsemanship Camp sessions this summer. These camps will be held from 9 a.m. - noon at the Lakes Region Riding academy in Gilford. Remaining session dates for this summer are; July 22-July 25; Aug. 5-August 8 and Aug.19-22. These camps are an introductory program for participants to learn about horsemanship. The program will offer basic horse care knowledge, horse safety and the beginning basics of riding. All participants must wear long pants and a shoe or boot with a heel. Helmets will be available at the barn. Snacks and drinks will be provided. Enrollment in camp session is limited. Cost: \$105 per participant For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Pre-School Summer Soccer Camp
The Gilford Parks and

Recreation Department is sponsoring a Pre-School Summer Soccer Camp for children ages four and five from Aug. 5-8. This camp will take place from 8:30-9:30 a.m. at the Gilford Village Field. This camp will provide participants with a fun introduction to the basic skills associated with soccer, while at the same time learning teamwork, following directions and developing a true sense of sportsmanship. Some of the skills we will be concentrating on are: Dribbling, Passing and Ball Control. Participants should come prepared to play outdoors. In the event of rain, the program will be held at the Gilford Youth Center. Mouth guards, shin guards and cleats are encouraged but not required. All participants should bring a bottle of water and a snack. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com Cost: \$40 per participant For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Sciensational Workshop for Kids! "Brick Building w/Lights and Sound!"

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707-2727

The Gilford Parks and Recreation Department is Sponsoring a workshop through Sciensational Workshops for Kids for children ages seven to 12, from 9 a.m. - 4:30 p.m. on Aug. 12 and 13. Have interest in becoming an architect and electronics scientist? This workshop combines everything into one. Make endless combinations of brick construction and electronics. How about building your own light post with color effects. Build and design your own brick tower, light it up, play music, and turn on your

LED'S. Build your own brick bridge with melody and sound. Construct a brick mammal, a three level house, and light house. Now it is your time to design, think, and use your inventor's skills. The sky is the limit! All of this you take home. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com. Cost: \$140 per participant For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

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Taylor Community presents "Generation Zapped"

LACONIA - "Generation Zapped" investigates the potential dangers of prolonged exposure to radio frequencies from wireless technology; its effects on our health and well-being, as well as the health and development of our children. Carolyn Larocque will help us uncover the facts and reduce our exposure to limit the associated health risks during this technological revolution in a lecture Wednesday, July 10 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

From its links to breast and brain cancer, to its associations with increased infertility and genetic mutations related to autism and ADHD, to newly developed illnesses, such as Electrical Hyper-Sensitivity. Today we encounter a hundred thousand times more the level of radiation from wireless technologies than we did decades ago.

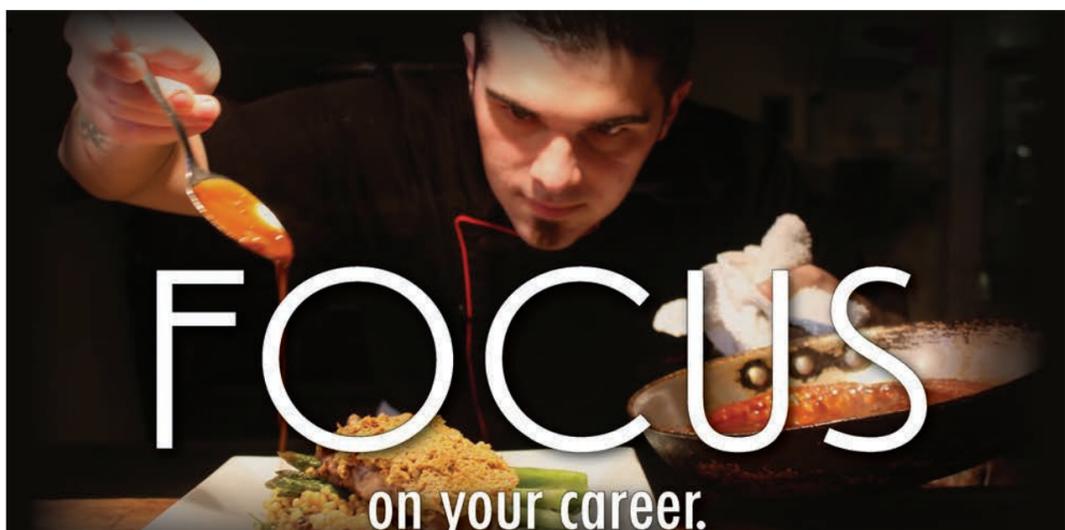
Yet the safety standards set by federal regulatory agencies are outdated. New wireless devices such as smartphones, tablets and baby monitors to the latest "Internet of Things" continue to enter the market without any proper pre-market testing or post-market monitoring.

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BEST OF

(Continued from Page A1)

er more approachable dogs, as well as more educated owners will continue to be my mission for years to come.”

Bank of New Hampshire Pavilion was named Best Large Music

Venue in the state.

This is one of many accolades the pavilion has received in its history. This year Bank NH Pavilion was nominated for Venue of the Year by the Academy of Country

Music for the 10th year.

Best of NH winners were celebrated at the Best of NH Party at Northeast Delta Dental Stadium in Manchester on June 27.

PROJECT

(Continued from Page A1)

state. Every month Hassan will present the Granite Stater of the month during a section of the senate session where senators will recognize different events, projects, and citizens.

Hassan spoke about the Intro to Engineering class on June 24. The recognition was entered into the Congressional Record as “Tribute to the Students of Gilford High School’s Introduction to Engineering Class.”

Hassan described the work of the students and the impact it has on the kids who got their vehicles.

“I congratulate these students for their ingenuity, hard work, and compassion,” Hassan said to the Senate. “I thank them for demonstrating that, by being inclusive, we unleash the talent and energy of our friends and peers, strengthen our communities, and bring joy and dignity to those who have been marginalized.”

LIBRARY

(Continued from Page A1)

ing and Writing Camp on Tuesday, July 23 through Friday, July 26 from 10 a.m.-1 p.m. Teens can do crafts, make music, write, and overall do any creative thing they want for three days.

Take a moment to experience Japanese drumming on Tuesday, July 23 with a visit by Hokuto Taiko Dojo from 6-7 p.m. when Jason Seymour will bring the art of Japanese drumming and culture to the library.

The library will host an escape room Wednesday, July 24, and Friday, July 26. In the Out of This World Opportunity, participants will look for an application for the position of star explorer for NASA. Complete a series of puzzles in 45

minutes to break the block and get the application. The escape room will run from noon to 5 p.m. on both days.

Hampstead Theatre will present “The Jungle Book” on Thursday, July 25 from 6:30-7:30 p.m.

Aaron John will provide an interactive musical experience at the library on Tuesday, July 30 from 4-5 p.m., playing various instruments.

The McAulliffe-Shepard Discover Center will bring their traveling planetarium to the library on Wednesday, July 31. Visitors will get a look at Tonight’s Sky and find out about the different planets, moons, constellations, and more in two sessions: one at 1:30 p.m., and another at

2:30 p.m.

Kids ages two through 11 can make superhero capes on Tuesday, Aug. 6 from 1:30-2:30 p.m.

Storytime at the Beach will take place every Wednesday at noon at the Gilford town beach throughout the summer.

The Summer Reading Program will come to an end on Thursday, Aug. 8 with the grand finale from 1:30-3 p.m. featuring games, treats, and prizes. Final prizes will be selected and participants need to be present to win.

For more library events for people of all ages, visit the Gilford Public Library Web site at www.gilfordlibrary.org.

PRESERVATION

(Continued from Page A1)

nization will get properties through donations by family members, bequests, purchases and acquisitions, and other methods.

She said they aim to keep the properties close to their original states and do as little as possible to change them.

“Most of what you see on display is pretty much how we received this,” Smith said.

Historic New England also has a huge collection of items kept in climate controlled storage. There is a library at Otis House open to organization members. Their collection also includes furniture in many, toys, jewelry, clothing, textiles, wallpaper, and many others. They also have collection of printed materials and paper-

work such as menus, maps, and personal ledgers. She said personal ledgers tell a lot about the period, since in the 19th century people tended to record every penny. A plan of the Governor Langdon House indicated there was a greenhouse there at one point, though that structure isn’t there now.

They also have a huge collection of photographs that they are working on uploading into digital form and making a searchable database.

“In a sense you’re getting the whole gamut...of being a New Englander throughout history,” Smith said.

The properties are open for visitors. They have a number of school programs with around

45,000 to 50,000 students touring their properties this year. They also host a number of community events such as a craft festival, art show, classic baseball game, auto show, and many others. Their properties are also available for weddings.

Historic New England has also teamed up with California Paints to offer paints and paint swatches with a number of paint colors from historic New England buildings.

Smith showcased a number of the organization’s properties. These included Roseland Cottage in Woodstock, Conn. This a Gothic Revival was built in 1846 by Henry and Lucy Bowen as a summer home. The house is notable for its architecture, stained glass windows, and its dark pink color. Another is Gropius House in Lincoln, Mass., built in 1938 by Walter and Ise Gropius. Walter Gropius formed the Bauhaus movement in Germany, Walter and Ise designed the house in Bauhaus style with New England elements.

In New Hampshire the organization maintains the Governor John Langdon House in Portsmouth. The house was built in 1784 and was the home of John Langdon, a signer of the US Constitution and a governor of New Hampshire. George Washington visited the mansion and Smith said he wrote in his diary in 1789 that Langdon House was, “one of the finest residences he had ever seen.”

Smith is available to talk about Historic New England and historic preservation for any group. For more information email Smith at langdonhouse@historic-newengland.org.

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Winnepesaukee AmeriCorps members help Meredith Parks & Rec replant rain garden



COURTESY

Lake Winnepesaukee Association AmeriCorps Members, Gloria Norcross and Alison Baranovic, help the Meredith Parks and Rec. Department replant the rain garden at the Waukewan bath house parking lot that suffered from the harsh winter.

MEREDITH — Do you know what a rain garden is? A rain garden is a useful way to absorb, capture, and treat stormwater on your property by using native plants, soil, and mulch. On the surface, they look like

any flower garden, but with a big difference. Rain gardens are sunken gardens, designed to capture and hold the rain that flows off a roof, driveway, or other impervious surface. In this way, the stormwater slowly seeps into the

ground, replenishing groundwater, and reducing the amount of polluted stormwater that can runoff and make its way to the nearest storm drain and into our rivers, ponds, and lakes.

Lake Winnepesau-

kee Association AmeriCorps Members helped the Meredith Parks and Recreation Department, along with volunteer Nancy Lavigne, replant an existing rain garden at the Waukewan bath house. The rain garden, planted two years ago to capture and treat stormwater runoff from the parking lot, needed some tender loving care after the recent harsh winter. Take a look at the work our volunteers did! You, too, could have a beautiful garden like this on your property!

simple and beautiful way to improve your yard, your neighborhood and your community, while also providing numerous benefits such as:

Helping keep water clean by filtering rainwater runoff before it reaches local waterways.

Helping protect communities from flooding and drainage problems.

Replenishing area aquifers by increasing the amount of water filtering into the ground.

Enhancing the beauty of yards and communities.

Providing habitats for wildlife, from birds to

butterflies.

This summer, the LWA AmeriCorps Members will provide free residential assessments for homeowners to identify stormwater and erosion issues on their property and provide simple 'do-it-yourself' type recommendations for improvement. If you are interested in having a free consultation, please contact the Lake Winnepesaukee Association at mail@winnepesaukee.org or call the office at 581-6632 to schedule a visit.

Rain gardens are a



COURTESY

Elks donate to New Beginnings

The Benevolent and Protective Order of Elks is known nationwide for their love of this great nation. The qualities of charity, brotherly love and patriotism are paramount among its members. The Laconia Lodge #876 was honored and privileged to donate \$2,000 to New Beginnings of Laconia, an organization dedicated to helping adults and children rebuild their lives after escaping abusive situations. The check was presented to Director Cathy Keller. The funds will go a long way in aiding individuals create healthy and peaceful lives. Pictured are Elks Officers Lisa Saucedo, Dorothy Frawley, and David Brown. Behind the director is Jen Reardon, Kenzi Abraham, and Jenny Veloski.

Michael Seymour joins Bank of New Hampshire's Commercial Banking Division



Michael Seymour

School of Banking, the Northern New England School of Banking and The Lending Academy. He is a strong supporter of his community and has served as the Mayor of Laconia, Chairman of the Greater Lakes Region Children's Auction, Board Member of LRG-Healthcare, Community Spokesman & Loaned Executive of the Lakes Region United Way and as President of the Lakes Region Chamber of Commerce.

Michael will work out of the Laconia office located at 62 Pleasant Street and can be reached by calling 527-3223 or atmseymour@banknh.com.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 25 banking offices and assets exceeding \$1.6 billion, Bank of New Hampshire is the oldest

and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

LACONIA — Bank of New Hampshire is proud to announce that Michael Seymour has joined their team of community banking professionals as Vice President - Corporate Cash Management Officer.

Michael has over 28 years of experience in the financial services industry including commercial lending, retail banking, portfolio management and new business development. Michael will assist customers with protecting their business finances and creating efficiencies in monitoring accounts and daily operations. Michael is a graduate of the New England

PET OF THE WEEK GINGER

Ginger is a friendly firecracker! This 2 year old pitty mix came to the NHHS through southern transport and is just the sweetest girl. She is somewhat house-trained, and currently knows sit, stay, wait and touch. She is very food motivated and will benefit from a calmer environment than the shelter, and some more training! Ginger is looking for an adult-only home with an active lifestyle, potentially another doggy friend (if they can keep up), and maybe a cat friend. Please come and see Ginger, you may just fall in love!

Check www.nhhumane.org or call 524-3252 for more information.



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Edward Jones: Financial Focus

Work Toward Your Own Financial Independence Day

Once again, it's time for fireworks, picnics and parades as the nation celebrates Independence Day. Collectively, we enjoy many liberties, but some freedoms can be elusive – and financial freedom is one of them. What actions can you take to help yourself eventually declare your own financial independence?

For starters, you'll want to determine what financial independence means to you. Is it the liberty to meet all your cash flow needs? The freedom to retire comfortably, at the age you choose? The ability to set up the kind of legacy you'd like to leave? If any or all

of these things are important to you, consider the following suggestions:

Liberate yourself from oppressive debts. The cost of living is certainly not cheap, so it's hardly surprising that so many people incur significant debt. Yet, the higher your debt load, the less you'll have available to invest for the future. Debt might be one of the biggest barriers you face on the road to your financial independence. To avoid piling on too much debt, live within your means. Take steps such as saving for a vacation, rath-

er than putting it all on your credit card, and getting just one more year out of that old car. Look for bargains everywhere – and find out what you can live without. And if you have sizable debts, see if you can consolidate them and lower your interest payments.

Free yourself from chaotic investing. The financial markets can be unpredictable – but that doesn't mean your investment moves have to be chaotic. So, for example, instead of responding to a sudden plunge in stock prices by selling stocks that still

may be fundamentally sound with strong growth potential, you might be much better off by holding your ground. And you'll be in a better position to do nothing during periods of market volatility when you've already done something – namely, built an investment portfolio that reflects your goals, time horizon and risk tolerance. With this type of portfolio in place, you'll be in a good position to overlook the day-to-day fluctuations in the market and keep your focus on your long-term goals.

Unleash the potential in your retirement plan. Your 401(k)

or similar employer-sponsored plan is a great way to save for retirement. You can contribute pre-tax dollars, so the more you put in, the lower your taxable income, and your earnings can grow tax deferred. (With a Roth 401(k), you put in after-tax dollars, but your withdrawals are tax-free, provided you meet certain conditions.) But despite these tax advantages, your 401(k)'s full potential won't be realized unless you fund it adequately. Try to contribute as much as you can afford each year and increase your contri-

butions as your salary goes up. Another way to uncup your 401(k)'s potential is by choosing appropriate investments. Your 401(k) likely contains a dozen or more investment options, so you'll want a mix that offers the greatest possibilities for growth within the context of your personal risk tolerance.

Gaining your financial independence requires time and commitment. But once you've achieved this freedom, you'll know it was worth the effort. And who knows? You might even want to wave a sparkler or two to celebrate.

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



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Central NH VNA voted region's best nonprofit

REGION — Central New Hampshire VNA & Hospice is honored and excited to have been voted Best Nonprofit Organization in the Lakes Region, as revealed last week at the Best of the Lakes Region Beach Party. Forever they will be the first "Best Nonprofit" to have ever received this accolade.

Those who have experienced the knowledgeable, compassionate and dedicated care of Central's visit staff have long known of the agency's quality. In fact, Central has been serving communities all around the lake for over a century. Now everyone in the region will see the community's stamp of approval.

Participation in this contest was massive — there were almost 1,600 voting options — so this is a huge honor. Central VNA is very thankful to all who voted; clients (current and former), staff, friends and supporters. You have helped the Lakes Region understand the value of Central's services

and mission, helping even more people to be served. The staff and board of Central VNA & Hospice could not be more pleased.

Congratulations to our friends at Goldenview Health Care Center for their silver nonprofit win and gold achievement for Best Assisted Living.

About Central New Hampshire VNA & Hospice

Central New Hampshire VNA & Hospice knows that people are happier, and do better, at home. They can help you stay there. Birth to bereavement, they have served Lakes Region communities since 1918. Central VNA a not-for-profit, Medicare-certified provider and offers Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. The agency is governed by a volunteer Board of Trustees from both the



Central New Hampshire VNA & Hospice is honored and excited to have been voted Best Nonprofit Organization in the Lakes Region, as revealed last week at the Best of the Lakes Region Beach Party.

Wolfeboro and Laconia communities and is supported by private and corporate donations. www.centralvna.org. 1-800-244-8549.

LRPA salutes the Forties in Film this month

LACONIA— Last is this weekend (July 5 & 6) is a unique film about WWII: 1942's "Prelude to War," the first entry of the seven-documentary "Why We Fight" series commissioned by the U.S. War Department and produced and directed by Frank Capra. "Prelude to War," which won an Oscar for Best Documentary Feature, was a direct response to the Nazi propaganda film "Triumph of the Will." The documentary uses plainspoken language (narrated by actor Walter Huston) and bold, decisive arguments to make the case for going to war. Capra keeps the format simple. The first part of the film shows the terrible destruction at the hands of the Axis leaders. The film then segues into a sequence, complete with animation from the Disney Studios, showing America's war efforts in her factories and manufacturing plants. The final part of the film is devoted to laying out the differences between democracy and fascism, the "free world" and the "slave world," and how America must fight to keep its liberty. Capra, working closely with Army General George C. Marshall, used archival footage that had been confiscated by the Treasury department from sources in Germany, Italy and Japan to make the case as to why the U.S. would fight this war. The director once said that his approach to this series was to "Use the enemy's own films to expose their enslaving ends. Let our boys hear the Nazis shout their own claims ... and our fighting men will know why they are in uniform." In his commentary on "Prelude to War" for Turner Classic Movies, film scholar David Sterritt wrote, "Touching the sentiments of the 'common man' was Capra's stock in trade as a top-grossing Hollywood director, and his talents are on full display in this 52-minute documentary. 'Prelude to War' is far from subtle, but nuance is not its business." This classic documentary is a great way to open our Forties

in Film month, and a perfect movie for Independence Day weekend. So grab your popcorn and join us after dark for this slice of American pie!

Mark your calendars for all of July's Forties in Film on LRPA:

July 5 & 6: 1942's "Why We Fight: Prelude to War"

July 12 & 13: 1943's "The Outlaw"

July 20 & 21: 1947's "Till The Clouds Roll By"

July 26 & 27: 1945's "Detour"

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

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology.

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

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SUMMER 2019

SATURDAY CONCERTS

SATURDAY, JULY 6, 7:00PM
The Strafford Wind Symphony
 The Strafford Wind Symphony has a way of creating a supportive atmosphere for the creation and enjoyment of music by non-professional musicians. The symphony provides an opportunity for fellowship between musicians from all walks of life. The commitment to the love of music has kept Strafford Wind Symphony alive and growing. The fifty-five-member ensemble meets weekly to rehearse.





SATURDAY, JULY 27, 7:00PM
Don Plummer & Family
 Don Plummer is a trumpet player and accomplished singer and has performed in concerts for many years in 36 states and Canada. He studied voice, trumpet and music at Berkshire Christian College in Pittsfield, MA School of Music. He performs regularly with the Strafford Wind Symphony. Don is serving as Pastor of the Northwood Advent Christian Church, in Northwood, NH.

SATURDAY, AUGUST 10, 7:00PM
MARK209
 In just a short amount of time, MARK209 has garnered the interest of an industry. Tagged the "best group you probably have never heard" by industry leaders, MARK209 has certainly made a mark for themselves. The 2011 National Quartet Convention in Louisville, KY was no exception.



SATURDAY, AUGUST 31, 7:00PM
The Blackwood Brothers
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Comfort Keepers

Having the conversation about Alzheimer's

BY MARTHA SWATS
OWNER/ADMINISTRATOR
COMFORT KEEPERS

Needing to have a talk about Alzheimer's disease or memory loss with a parent can be a daunting task for many adult children. For seniors, the idea of being diagnosed with Alzheimer's disease can trigger fear, anxiety, or even grief. It's no wonder some adult children put the conversation off, once they see the initial signs in their loved one. What's more, if the afflicted senior already has impaired judgment or memory loss from the disease, it may already be too late for a rational, cohesive conversation about it. In any case, it's wise to approach the topic with great sensitivity and care.

Taking A Loved One to See the Doctor

Symptoms related to the early signs of Alzheimer's disease, such as memory loss, confusion, mood swings, changes in personality, difficulty completing certain tasks or finding the correct word could also be caused by a number of other medical or psy-

chiatric problems. Mentioning that a loved one's symptoms could be the result of another underlying issue may make him or her more willing to visit the doctor for a full examination and a proper diagnosis.

Family caregivers may also want to consider offering to go to the doctor with a loved one as part of a morning or afternoon outing, such as going to lunch, shopping, or some other activity. An enjoyable event could take the sting out of having to visit the doctor for a firm diagnosis.

Once Alzheimer's Has Been Diagnosed How family caregivers approach a loved one to talk about an Alzheimer's diagnosis can depend on the relationship with him or her. Are you close enough to have a frank conversation, and will the senior readily welcome your suggestions and help? Or does he or she tend to keep things private, and could become embarrassed or self-conscious? Will he or she feel insulted? However family caregivers approach their loved one, it is imperative for him or

her to feel supported and encouraged during this difficult time.

Researchers have found that families who don't discuss the disease with their loved one may witness increased fear and paranoia. Instead, it is better to be open about it, while reassuring your loved one that it is a fairly common brain illness. Caregivers should tell him or her that there is nothing that could have been done to prevent it, but there are things that can help slow the disease and you will do your best to help. Also, allay any fear of abandonment. While it's scary to think of losing memory and forgetting the family, it is even more frightening to think that the family will forget them. A loved one's anxiety should be eased by telling him or her that no matter what happens, you will get through it together.

Discussing the Diagnosis

Hearing about an Alzheimer's diagnosis from one's child can be hard to take, but chances are a loved one already knows that something is going on long before a doctor

reaches a diagnosis – and he or she has the right to know what is happening. Here are some suggestions on how to discuss the disease:

Informing a loved one may enable him or her to participate in making important medical, legal, financial, long-term care, and end-of-life decisions. How involved he or she is will depend on the current state of the disease symptoms.

He or she may not be able to totally understand the diagnosis, or may deny what you say. If so, accept this reaction for now, and avoid further detailed explanations of the disease until later.

You may choose to disclose the diagnosis at a family meeting attended by your loved one, other family members, a trusted friend, or even a member of the clergy or a social worker. You also may want to invite a healthcare professional who works with those who are cognitively impaired.

Write up some simple answers to a loved one's questions, or encourage them to speak with his

or her doctor about concerns.

Let them know that you will provide ongoing help and support, and do whatever is possible to improve their quality of life.

Treat the person as an adult, and don't downplay the disease. As the dementia progresses, remain open to the person's need to talk about their illness and its implications – such as their ability to work, drive, and manage finances.

Allow him or her to express his or her feelings, which may include anger, frustration, and disappointment. Be aware of non-verbal signs of sadness, anger or anxiety, and respond with love and reassurance.

Watch for signs of clinical depression, which could result from being told that Alzheimer's is a terminal illness, and consult with a physician if needed.

Find community support services. Support groups for those in the early stages of the disease can be helpful in expressing emotions and concerns.

Comfort Keepers® can help. We have compassionate in-home caregivers who are specially trained to work with a family member who has been diagnosed with Alzheimer's and other dementias. Call your local Comfort Keepers® office to discover all the services we can provide assistance.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

LRGH offers Everyday Living and Diabetes class

LACONIA — Are you or someone you care for living with diabetes? Would you like to learn ways to better manage and live well with this disease? If so, this class is for you!

This free four-week class will be offered on Mondays from 9:30 - 11:30 a.m. beginning July 22 at Lakes Region General Hospital. Those attending this class will learn skills for living a healthy life with diabetes. Learn to set goals for improving your diabetes with topics including managing blood sugar levels, healthy eating, physical activity, relieving stress, and more.

For more information on this class, future sessions or to register please call LRGHealthcare Community Education at 527-2948.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Graham & Graham PC Presenting Sponsor for Rotary Car Show

LACONIA — Graham and Graham, PC has taken the driver's seat as the lead sponsor for the 2019 Lakes Region Rotary Car Show that will be held on Saturday, July 27 from 10 a.m. to 2 p.m. at Faro Italian Grille in Weirs Beach.

Each year this great event welcomes more than 150 vehicles and nearly 1,000 spectators, and has raised upwards of \$60,000 over the years for local charities and scholarship/Rotary programs.

On July 27, cars from decades ranging from the early 1900's to today will be represented and judged. Car enthusiasts, family & friends are encouraged to attend and will have the opportunity to view the top-of-the-line classic and modern cars, rating their favorite in the "People's Choice" competition.

Ben Wilson, President of Lakes Region Rotary, stated "We are so happy to have Graham & Graham, PC once again as our lead sponsor.



COURTESY

Graham & Graham, PC is proud to be the presenting sponsor for the Lakes Region Rotary's annual car show fundraiser, which raises thousands of dollars annually for local charities. Pictured – Jeff Graham, Principal of Graham & Graham, PC (left) with Ben Wilson, President of the Lakes Region Rotary Club.

Their generous support of Rotary helps ensure the success of this event, which is our main fundraiser for the year."

Last year's event was a tremendous success, raising more than \$10,000, which benefited local organizations such

as the Greater Lakes Region Child Advocacy Center, Laconia Educational Endowment Fund, Lakes Region Scholarship Fund, the NH Chapter of the Cure Starts Now, LRGHealthcare Recovery Clinic, and more.

For more information on the club, sponsorship opportunities, event information, or how to register your car for the show, visit LakesRegionRotary.org.

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The Love Dogs

Performance by the Love Dogs July 8 at Taylor Community

LACONIA — The Love Dogs are a rocking, swinging Rhythm and Blues septet from Boston with four critically acclaimed CDs and one of the best live shows you will ever see! Experience them live Monday, July 8 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

Members Eddie "Duato" Scheer, Alizon Lissance, Myanna, Glenn Shambroom, Randy Bramwell, Steve Brown, Mario Perrett, Mark Paquin and "Sax" Gordon Beadle play original swinging, rocking jump blues and New Orleans R&B.

Take one red-hot horn section – we are talking alto, tenor, baritone saxes and trombone. Add liberal amounts of barrelhouse boogie-woogie piano and stinging Fender guitar. Pour over a funky and swinging rhythm section that Blues Review magazine called «the best in the business," and top it all off with a crazy and charismatic front man with one of the biggest blues voices around. It's a recipe for music and mayhem, for intensity and irreverence and a great evening of music!

Follow us on Facebook, visit www.taylorcommunity.org, or call 366-1400 for more information about Taylor Community, the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

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SalmonPress
.com

Former Mental Health building listed & sold by Roche Realty Group

LACONIA — Rick Hagan of Roche Realty Group in Meredith represented the seller, Lakes Region Mental Health of their former headquarters at 111 Church St. and John Goodhue of Roche Realty Group in Meredith represented the Buyer, DASLTK, LLC in the sale of this two-story brick professional office building.

According to Hagan, the building is sited on almost an acre and has paved parking spaces for 66 cars. The building includes approximately 13,824 square feet of office and reception space and includes an elevator. The building was built Bonnett, Page, and Stone in 1975.

John Goodhue indicated the buyers intends to rehabilitate the inte-

rior of the building for professional office space.

Roche Realty Group has been involved in a multitude of commercial/investment property sales over the years, for a copy of their Significant Sales Report please contact the office at 603-279-7046, 528-0088 or you can see it online at www.rocherealty.com.

Leadership program now accepting applications

REGION — Jennifer McLean, Program Coordinator for the non-profit group Leadership Lakes Region, announces that the group is now accepting applications for its next class which begins in October.

"We will accept 25 applicants this year, and have almost half of our available 25 seats already full," said McLean.

"We're actively reviewing applications from others," she added.

So far, the program for next year has accept-

ed a financial advisor, a 4-H program manager, a child advocacy specialist, several bankers, a ski resort manager, an architect, a non-profit development director, a community relations specialist from the electrical power industry and a food service manager. McLean likes the diversity she sees in these early applicants and expects that trend to continue." One of the real benefits of participating in Leadership Lakes Region is the opportunity to form a new

network of professionals outside one's normal employment sector" McLean stated. She added that 385 area professionals have graduated from the leadership program since it was started in 1997 and anyone interested in learning more about it may visit the Web site at www.leadershiplakesregion.org. A current application and list of program dates for the upcoming class year are available on the Web site.

JULY 4TH SPECTACULAR
Gorham, NH
JULY 3RD - JULY 7TH

Wednesday, July 3rd
5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$25.00
5:00 pm Side Walk Vendors Open
6:30 pm - 9:00 pm Concert: *Blacklite Band*

Thursday, July 4th
10:00 am - 10:45 am REGISTRATION For Kiddies Parade
(Registration is a MUST at Ed Fenn School)
11:00 am **Kiddies Parade** (Starts at Ed Fenn School)
Sponsored by Bank of NH
11:00 am Side Walk Vendors Open
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
1:00 pm Parade Line up
1:30 pm DJ Music by Mountain Music at the Bandstand
2:00 pm **Main Parade - Sponsored by Service Credit Union**
(Starts at Dublin Street down Rt 16 to Railroad St.)
3:00 pm - 5:00 pm Karaoke and DJ Music by Mountain Music at Bandstand
3:00 pm - 6:00 pm **NEW!** Gorham Farmers' Market on the Common
3:30 pm - 7:30 pm 2-Person Corn Hole Tournament
Hosted By White Mountain Rotary Club
5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:00 pm - 10:00 pm Concert: *Straightaway*

10:00 pm **Fireworks by JPI Pyrotechnics**

Miller Amusements **JPI Pyrotechnics**

FREE CONCERT
Tim McGraw Tribute Band
Friday, July 5th
at 7:00 PM
on the Common

Friday, July 5th
8:00 am - 12:00 pm 3rd Annual Patriotic ATV Photo Scavenger Hunt
Registration 8-10 am at 299 Main St in Gorham (\$10 Per Entry)
Hosted by the Presidential OHRV Club - Enter either day to Win!
5:00 pm Side Walk Vendors Open
5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens
Night Bracelet Pay ONE PRICE On The Rides \$25.00
7:00 pm - 8:30 pm Concert: *The Ultimate Tim McGraw Tribute*

Saturday, July 6th
8:00 am - 4:00 pm **Join us for the 2nd Annual At-Your-Leisure Singles Golf Tournament at AVCC! Over \$700 in Prizes!**
(Play anytime between 8 am - 4 pm on Saturday or Sunday to be entered!)
8:00 am - 12:00 pm 3rd Annual Patriotic ATV Photo Scavenger Hunt
Registration 8-10 am at Jericho Outdoors in Berlin (\$10 Per Entry)
Hosted by the Presidential OHRV Club - Enter either day to Win!
11:00 am Side Walk Vendors Open
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
5:00 pm - 12:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:30 pm - 9:00 pm Concert: *North River Music*

Sunday, July 7th
8:00 am - 4:00 pm 2nd Annual At-Your-Leisure Singles Golf Tournament at AVCC
(Play anytime between 8 am - 4 pm on Saturday or Sunday to be entered!)
11:00 am Classic Car Parade Line Up (Ed Fenn School)
11:00 am Side Walk Vendors Open
11:30 am **Classic Car Parade** Sponsored by ColorWorks
(Down Rt 16 to Railroad st)
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
12:00 pm - 2:00 pm **Classic Car Show** on the Common
12:00pm - 2:00pm 50's & 60's Music at the Bandstand by Mountain Music
2:00pm - 4:00pm Karaoke & Music by Mountain Music at the Bandstand

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SPORTS

18U Nor'Easters continue to dominate summer play



Front row left to right, Ella Harris, Carly Catty, Kacie Johnston, Maddie Reeves, Sadie Young. Back row left to right, coach Becky Beaulac, Jillian Lachapelle, Sam McCann, Hope Duval, Paige Cohen, Hannah Tessier, coach Fern Beaudet,

BY BOB MARTIN

Bob@Salmonpress.news

BRATTLEBORO, Vt. – The 18U Nor'Easters continued to dominate the softball diamond this summer by coming away champions of the Summer Sizzler, which took place between June 22 and 23.

On June 22, the Nor'Easters played three pool games. The first was a 14-0 blowout victory over the Northeast Xtreme in a five-inning

game. The Nor'Easters went on to beat the N.H. Comets White by a score of 7-2 and then 6-1 over the N.H. Lightning Black. After pool play, the Nor'Easters were seeded number one after going 3-0 and outscoring opponents 27-3.

On June 23, the Nor'Easters had three championship round games. The Nor'Easters beat the Berkshire Force 10-1 in a five-inning

game. The Nor'Easters also beat the Lady Canons 3-2 and then in the championship game the Nor'Easters beat the Westford Waves 12-7 to take the crown.

“Our last two games against the Lady Canons and Westford Waves were very competitive games,” said coach Fern Beaudet. “We won the semifinal game against the Lady Canons with a walk off single in the

bottom of the seventh inning scoring Hannah Tessier (Kennett) with the game winning run.”

Carly Catty, who plays for Winnisquam during the school year, was the top offensive player on the squad with a .476 tournament batting average. She had two doubles, a triple and five RBIs.

Defensively Jill Lachapelle and Ella Harris of Gilford were com-

mended for their play, along with Kacie Johnston of Plymouth.

Sam McCann of Berlin pitched all four games and gave up only five total earned runs. She had a 30:1 strikeout ratio and an ERA of 1.35. Ella Harris of Gilford pitched two games and gave up only two earned runs. She struck out 19 batters and didn't walk anyone, posting an ERA of 1.17.

“Our two pitchers

performed really well all weekend and limited the teams to only one walk in six games with a total of 49 strikeouts,” said Beaudet.

Beaudet commended the play of Hope Duval of Profile High School, who saved her best game for the final game, hitting two inside the park homers with one being a grand slam. She was 4/5 including a single, double and seven RBIs

Nor'Easter 16U team gets win in Vermont tournament



The 16 U Nor'Easters won the Summer Sizzler to kick off the summer softball season.

BY BOB MARTIN

Bob@Salmonpress.news

BRATTLEBORO, Vt. – Last weekend, the Nor'Easters 16U softball team kicked off the summer in high gear with a win in the Summer Sizzler.

The Nor'Easters, who are coached by Bill Clary, who is also the Belmont High School softball coach, went 2-1 in pool play to earn a second seed in the tournament. The

first game against the Vermont storm was shortened by mercy rule in an 11-2 win with Morgan Hall getting the victory.

The second game was a tough back and forth battle against the Massachusetts Firecrackers where the Nor'Easters lost 5-4. Lilly Simpson of Meredith took the loss but Clary commended her for her strong pitching in the game.

The third game was

another mercy rule shortened game against the Connecticut Bullets, with Kelley Allen of Belmont taking the win on the mound.

On Sunday, Morgan Hall recorded another win in a 13-1 blowout over host Brattleboro Heat. The semifinal was a pitchers' duel where Simpson came out on top in a 1-0 win over the Vermont Storm.

The championship

game was against NEK Triforce and Hall recorded another win in a 10-2 mercy rule shortened game.

“The weekend saw some great defense and pitching,” Clary said. “All three pitchers had outstanding numbers.”

Allen did not let up a run and had eight strikeouts. Hall recorded three wins and had 17 strikeouts over 14 innings with a 1.50 ERA. Simpson

pitched 14 innings with a 1.00 ERA.

Offensively the team was led by Kim Daigneault of Gilford, who had a batting average of .533. Sierra Halligan of Laconia batted .529 and played outstanding shortstop. Hall was the star on the mound, but also solid at the plate with a .444 average. Rebecca Fleming of Belmont hit .444 in the tournament while Kara Stephens of Belmont hit .417 with a triple and homer over the fence in the championship game.

Clary said this year's team is a big improvement with an outfield

consisting of Allen, Savannah Perkins of Belmont, Alexa Smith of Gilford and Simpson. Nora Dunleavy of Laconia also played well at first base and saved several balls in the dirt. Courtney Turpin of Laconia caught four of the six games and Clary commended her handling the pitching staff.

“For this young team playing in its first 16U tournament after moving up from 14s with only three practices, to come away with a convincing tournament win, we are looking forward to the rest of the summer,” Clary said.



Morgan Hall and Rebecca Fleming celebrate their Nor'Easter 16 U win.

COURTESY

Local baseball players help Cannons win Maine tournament

BY BOB MARTIN
Bob@Salmonpress.news

OLD ORCHARD BEACH, Maine – The Concord Cannons kicked off the summer baseball season in the All American Lighthouse Classic last week and went 6-0 to take the win with Adrian Siravo of Gilford winning the MVP award.

The Cannons, which consists of some of the top players in the state including players from Gilford, Belmont and Laconia, defeated teams from Massachusetts, Rhode Island, Connecticut and Ohio.

A rainy Friday cancelled the first day of competition, but then the Cannons beat the Southern New England Wave of Massachusetts by a score of 5-1, and then the Lowell Jr. Spinners 10-1. In the game against the Spinners, Siravo threw a complete game one-hitter where he struck out 12 batters.

The Cannons went on to beat the Storm Brigade 3-0 and then advanced to the finals of pool play where Concord beat the Shoreline Breakers of Connecticut by a score of 10-4. Isaac

Wallace of Gilford recorded the win in two innings of shutout relief on the hill. T.J. Carmilia of Gilford, Nick Ritchie of Laconia and Cam Magerer of Belmont had RBI doubles.

Alex Rives of Gilford pitched the semifinal game against the Ohio Playmakers and pitched a three-hit gem where he struck out seven batters on the way to a 10-2 win. Magerer and Siravo had a pair of hits each in the win.

The Cannons took on the Rhode Island Bandits in the finals and had a big 11-1 win, with Griffin Embree of Belmont getting the win. He pitched three innings and struck out four batters. Ritchie had three RBIs and Carmilia had two RBIs in the win.

“As a coach you always wonder how long it will take a group of players from different towns to bond together and play as a unit,” said coach Eric Duquette, who also coaches the Gilford High School baseball team. “But the majority of this team has been playing together for years and it was like old home day when they got together and they didn’t miss a beat. They played with confidence and purpose and were never really in doubt of losing any of the games

we played. Great way to start the summer.”

Duquette said he is very excited about what this team can do this season. Last summer the Cannons went 32-3, and while the majority of the team was under 17 years old, the the Cannons were taking on primarily U18 squads and playing the biggest tournaments on the east coast.

“The competition and exposure these young men will get this summer is second to none,” said Duquette.

Duquette is excited to work with his own Gilford players, but also with Magerer and Embree, who he is used to taking on in rivalry games against Belmont during the spring. The team is made up mostly of Lakes Region players, but there are also others from Concord, White Mountains, Hopkinton and prep schools like New Hampton and Winchendon. There is also a player from Vermont on the team. He said the players’ talent is undeniable and they will be watched by scouts game after game.

“We will likely not play one game where there will not be a college or pro scout in attendance this summer,” said Duquette.



The Concord Cannons won the All American Lighthouse Classic to kick off the summer. Pictured left to right is Isaac Wallace, T.J. Carmilia and Alex Rives.

COURTESY



COURTESY PHOTO

Granite State Games

The Lakes field hockey team went 3-0 in pool play at the Granite State Games in Manchester, outscoring their opponents 14-2 before dropping a 1-0 decision in the championship game to finish as the runners-up. The team featured a number of local players, including Caroline Marchand, Haley Dukette and Hayse Broome of Newfound, Jasmine Peterson and Haley Stanley of New Hampton, Josie Phaneuf, Hannah Frittenberg and Natalie Shaw of Kennett, Jenna DeLuca and Randi Byars of Gilford and Maddy House and Eveline Auger of Winnisquam.

14U Nor'Easters do battle in Summer Sizzler

BY BOB MARTIN
Bob@Salmonpress.news

BRATTLEBORO, Vt. – The Nor'Easters 14U team traveled to Brattleboro, Vt. for the Summer Sizzler, but the team had a tough time with its opponents throughout the weekend softball tournament.

The first game was a 4-0 loss to the Vermont Storm White. The Storm took a lead on an RBI double in the first inning and never looked back. Hayley Richter had a single in the first inning but the team couldn't rally to drive her in. She was 2/3 at the plate to lead the offense.

Liv Arvidson went five innings, allowing four runs on five hits while striking out three batters.

The next game was a 9-7 loss to the NEK Triforce. The Nor'Easters came back down five runs in the fifth inning, but fell just short in the loss. The Nor'Easters were out-hit 11-4 in the high scoring game.

The Nor'Easters put four runs on the board in the fifth inning, with

singles by Jaiden McKenna, Arvidson and Richter. Avery Vonkadic started the game for the Nor'Easters, allowing a hit and three runs over one inning. Madison Darling and Anna Hermann pitched two innings and one inning respectively in relief.

A major bright spot was the base running for the Nor'Easters, who had three players stealing at least two bases.

The next game was a tough 9-1 loss to the WMA Screaming Eagles. Richter had a solo homer in the bottom of the second inning to tie the game 1-1, but the rest of the way was all Screaming Eagles. Caitlyn Clark led the Nor'Easters with a 2/2 day.

The Screaming Eagles then beat the Nor'Easters 15-3 on Sunday. Again, the Nor'Easters struggled to put runs on the board and defense was also an issue for the squad. Leading the offensive charge was Arvidson with a first inning home run. The Nor'Easters had seven hits and Clark and Jaiden McKenna had two hits apiece.



The 14U Nor'Easters competed in the Summer Sizzler tournament in Brattleboro, Vt.

COURTESY PHOTO

NHMS gearing up for NASCAR weekend

LOUDON — If you like to get loud, then New Hampshire Motor Speedway is the place to be in July when NASCAR returns for New England's biggest summer party — the Foxwoods Resort Casino 301 race weekend, July 19-21.

"We are counting down the days until fans start to arrive for our big NASCAR weekend," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "We've added so many new features and even a new event on The Flat Track for fans to enjoy so they have an unforgettable experience all weekend with their family. This will certainly be the highlight of the summer."

Friday, July 19

The on-track action kicks off on Friday, July 19, with the NASCAR Whelen Modified Tour All Star Shootout and Cape Cod Café Pizza Pole Day on "The Magic Mile" and the all new Friday Night Dirt Duels presented by New England Racing Fuel on The Flat Track.

The Modified All Star Shootout at 2:10 p.m. is a 30-minute timed shootout between some of the best drivers on the NASCAR Whelen Modified Tour. Friday is named Cape Cod Café Pizza Pole Day, as the Monster Energy NASCAR Cup Series drivers compete for the pole at 4:35 p.m., setting the stage for Sunday's Foxwoods Resort Casino 301. One ticket provides access to both events, with kids (12 and under)

getting in for free.

A new addition to race weekend is the Friday Night Dirt Duels presented by New England Racing Fuel, which will be headlined by the U.S. Legend Cars International and USAC Dirt Midget Association racing in the first ever race under the lights on New Hampshire Motor Speedway's newest racing surface, The Flat Track. Fans can enjoy a night of short track racing — featuring NASCAR Cup Series drivers Corey LaJoie and Daniel Hemric in legend cars and Ryan Blaney as Grand Marshal — on the 0.25-mile dirt track. Heat races start at 7:30 p.m. with gates opening and practice starting at 6 p.m. Tickets, which include open garage and pit access, are \$10 for adults with kids 12 and under free.

Saturday, July 20

Saturday, July 20 is Tripleheader Saturday with the NASCAR Xfinity Series Lakes Region 200 serving as the feature event at 4 p.m. with entries expected from some of the biggest names in the sport. NHMS's one-mile oval sets up the modifieds to put on one of the most exciting races in America for the NASCAR Whelen Modified Tour Eastern Propane and Oil 100 at 2 p.m. The NASCAR K&N Pro Series East United Site Services 70 at 6:45 p.m. features some of the youngest future stars in NASCAR that often are making their first appearance in front of New England race fans. One ticket provides access

for the entire day, with kids (12 and under) getting in for free.

Sunday, July 21

Sunday, July 21 is the Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 at 3 p.m. The day will serve as one of New England's biggest parties of the summer with a pre-race concert by Love And Theft and fun for all ages, including discounted tickets for kids 12 and under.

Outside of NASCAR weekend, July is filled with many events for families to enjoy including:

Sunapee Racing Team on July 11, 23 and 25;

Team O'Neil Rally School on July 6-7;

Penguin Roadracing School on July 26;

Loudon Road Race Series on July 27-28;

MOAT Mountain Road Course Series on July 27-28;

White Mountain Chapter of the BMW Car Club of America on July 27;

North East Drift Co. on July 27-28;

Fishtail Riding School on July 29.

For ticket information for all 2019 events at New Hampshire Motor Speedway, including the July 19 Friday Night Dirt Duels presented by New England Racing Fuel, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway web site at NHMS.com or call fan relations at 783-4931.

PSU baseball alum signs professional contract

PLYMOUTH — Recent Plymouth State University graduate Josh Goulet (Nashua) has signed a professional contract with the Utica Unicorns of the United Shore Professional Baseball League (USPBL).

On Sunday, June 23, in just his second professional at bat, Goulet blasted a home run over the Chevy Pavilion in left field at Jimmy John's Field in a 5-4 setback to the Birmingham Bloomfield Beavers.

"I'm so proud of Josh for all he accomplished here at Plymouth State, and now for what he will accomplish after his collegiate career," said fourth-year head coach Clay Jenkins. "Josh bought into our building-block philosophy of development, slowly improving his game one small step at a time through his own hard work and dedication. Watching him grow from a raw New Hampshire talent into one of the best all-around baseball players in the nation has been an absolute treat for our coaching staff."

According to its web site, the USPBL launched in May 2016 as a three-team league with a full 75-game schedule played at Jimmy John's Field in downtown

Utica, Michigan. The league was designed as a developmental finishing school for players seeking to make it to Major League Baseball, consisting of state of the art coaching, musculoskeletal training and strength and conditioning programs, the latest advances in sabermetrics and video analysis and a focus on personal development off the field.

The league added a fourth team in 2017 and in just three-plus seasons 29 players have gone on to sign with Major League organizations. The Unicorns won the 2016 USPBL Championship and have had 10 players sign with MLB affiliates. Manager Jim Essian spent 12 seasons as a player in Major League Baseball and took over as manager of the Chicago Cubs for the final 122 games of the 1991 season.

Goulet put together one of the most productive seasons in Plymouth State baseball history this spring, collecting an impressive array of postseason honors along the way. He was named to the All-America First Team when the ABCA/Rawlings NCAA Division III All-America teams were announced at the Division III College World Series last

month after posting a .410 batting average, a mark that ranks among the top-25 in program history.

He shattered the program record with 13 home runs, matched a school record with a three-homer game and set program marks for RBI in a season (47), total bases in a game (14), total bases in a season (116), career runs scored (132) and career stolen bases (98). He reached base in all 37 games during his senior campaign, which included a team-high 19-game hitting streak to close out the season.

Goulet was also named a First Team All-American by D3baseball.com, as well as earning ABCA/Rawlings New England All-Region First Team, D3baseball.com New England Region Player of the Year, D3baseball.com All-New England First Team, Little East Conference (LEC) Player of the Year and All-LEC First Team honors.

"Josh's baseball ability and growth is only scratching the surface of his potential, and I am extremely excited for Josh's opportunities and next steps in professional baseball," added Jenkins.



COURTESY PHOTO

Showcase

Gilford High School field hockey players Randi Byars (left) and Taryn Fountain attended the 17th annual New England Premier College Recruiting Showcase held at UNH June 9-10. The New England Premier Field Hockey College Recruiting Showcase is a unique arena for high school field hockey players to demonstrate their talent and decision-making skills in game situations — and for college coaches from around the country to conveniently and thoroughly assess their potential. The New England Premier Showcase is a two-day event designed to give college-bound players their best recruiting opportunity ever.

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Male consumer in Meredith is seeking assistance Thursday, Friday, and Sunday evenings from 5pm to 11pm. Needs assistance with personal care, dinner, transfers into bed and service dog assistance. Please contact Ashley at 603-568-4930 for more information.

Real Estate



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call

The New Hampshire Commission for Human Rights at 603-271-2767

or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

Vacation Rentals

P.E.I. Weekly Cottage RENTAL:

Sleeps 6 Pond, ocean & lighthouse views \$900/wk
Scott 603-254-5032
scottm@plymouth.edu

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WASH YOUR HANDS!

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- USE WARM WATER AND SOAP
- RUB HANDS ALL OVER FOR A COUNT OF TWENTY
- DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB

WHEN

- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

WHY

- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE



New Hampshire Department of Health and Human Services
Division of Public Health Services
www.dhhs.nh.gov

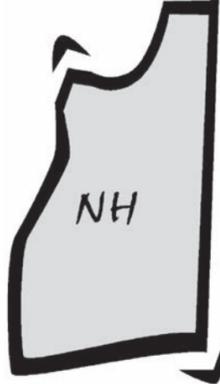


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		\$89,995 60' 3 Bed, 2 Bath Just in & Needs to Be Seen!

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www.melansonrealestate.com

 MEREDITH: This truly special and unique property sited on 6 park-like acres features a lovely home, dock, boathouse, breathtaking lake and mountain views & more. Recent updates include a new kitchen, master bath and roof. ADVENT COVE ROAD \$3,750,000	 TUFTONBORO: Meticulously maintained 3,700 sq. ft. farmhouse in quaint Melvin Village features six bedrooms, three bathrooms & an attached barn with plenty of storage space. There are also water views and boating access across the street! GOV. WENTWORTH HWY. \$675,000
 WOLFEBORO: 1,700 sq. ft. ranch style home, with both an attached and detached garage, is sited on 11 acres and boasts 3 bedrooms, 2 bathrooms, laundry room & more. Outside, enjoy lounging on the deck or take a dip in the pool! READE LANE \$475,000	 TUFTONBORO: Perfect cape boasts 3,000 sq. ft., an open concept living room, dining room & kitchen, 3 bedrooms and 3 bathrooms. The home also features built in bookcases, french doors, bath with radiant heat and a bonus space on the 2nd floor. GOV. WENTWORTH HWY. \$525,000

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MEREDITH OFFICE: 97 DANIEL WEBSTER HWY (603) 279-7046
LACONIA OFFICE: 1921 PARADE ROAD (603) 528-0088
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 HOLDERNESS: Waterfront retreat on White Oak Pond. This charming 3-bedroom cottage has 2 porches, deck & boat dock. Private location! \$599,900 #4760289	 ALEXANDRIA: Unique property w/ 3-BR home, 2-BR apartment & 3-stall barn w/ art studio & dressage ring, on 20+ ac. \$695,000 #4740498	 MEREDITH: Unrivaled quality. 3 levels totaling 3,396 sf. of fine craftsmanship and luxe finishes. Desirable western exposure on Black Cat Island w/ 120' of water & boat dock. Open concept main living area with an expansive Mahogany deck. \$1,799,900 #4758042
 GILMANTON: Year round home w/ access to 6 beaches! 3-BR, 2-BA with exposed beams, charming interior & 28' deck w/ peak-a-boo lake views. \$219,000 #4753212	 GILFORD: Waterfront compound on Lake Winnepesaukee. Main home plus guest cottage, sandy beach area, & dock. \$619,000 #4742415	

OPEN HOUSE HIGHLAND RIDGE TUES. 7/9 & WED. 7/10 4 - 7 P.M.

ROLLING HILLS DRIVE, TILTON NH: A new residential community, with an eclectic mix of ranches, capes & colonial styles & affordable options for many budgets. Brand new homes with a great location, handy to Concord and all Lakes Region amenities. **Prices start at \$289,000**

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Luxury REAL ESTATE

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 MEREDITH // Quality NEW CONSTRUCTION ranch with walk out lower level in desirable Clover Ridge. Open concept, 3BR, 2.5BA, modern amenities for today's lifestyle of convenience. \$549,000 (4735413) Call 253-9360	 MEREDITH // 3BR/3BTH home on a beautiful 3.68 acre lot. An exceptional property with in-ground pool, wrap-around Farmer's porch, screened porch, 2-car garage and open floor plan. Close to town! \$509,900 (4759083) Call 253-9360	 ALTON // Antique Post & Beam Colonial on 27 acres. 3 bedrooms, 2 bathrooms, 4 fireplaces, pine floors, exposed beams. Cathedral Great room. Oversize garage. Perennial gardens. Private pond and several brooks. \$349,900 (4686681) Call 875-3128	 RUMNEY // Wonderful custom built log home with lake views and deeded access on Stinson Lake. First floor master suite, 2.5 baths, 1680 sqft. Sold fully furnished. \$325,000 (4750420) Call 253-9360
 MEREDITH // Well maintained double-wide with a detached 2-car garage and paved driveway. Interior features include hardwood floors, newer appliances and formal dining room. Great location in Eagles Rest Park. \$132,500 (4753129) Call 875-3128	 WELCH ISLAND - GILFORD Privacy!! Open concept chalet close to water's edge, plus 12x16 bunkhouse! Level lot with 1.77 acres and 170' of WF, all gorgeous sand. 68' L-shape breakwater & dock. Unbelievable long range island views looking down the entire lake. \$510,000 (4744783) Call 569-3972		

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HEBRON // Own a piece of the mountain! Picture yourself looking out over Newfound Lake on this 130 acre lot situated in the charming, quintessential town of Hebron. Quiet and serene says it all! \$239,900 (4653719) Call 253-9360	MOULTONBOROUGH // 1.6 Acre level wooded lot located in the quaint village district in Comm. Zone "A". Driveway permit with installed culvert, expired permit for office bldg. and garage. Agent interest. \$149,000 (4501574) Call 253-9360	BARNSTEAD // 12.7 acres on White Oak Road. Close to Suncook Lake with beach and boating access. \$95,000 (4733829) Call 875-3128	ALTON // Private 11.4 Acres with 390' frontage on a paved town road. Launch your boat on nearby Merrymeeting Lake. \$78,500 (4658157) Call 875-3128
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Alton Central School

Classroom Educational Para-Educator

Alton Central School in Alton, NH is seeking an Educational Para-educator for the 2019-2020 academic year. This position will involve working with students in the general elementary classroom. This assistant will consult and collaborate with classroom teachers, assist with online educational programs, and other tasks as necessary to support students' academic achievement. High school diploma and/or equivalent; Associate's Degree or at least two years of higher education preferred.

Please submit letter of interest, three recent letters of recommendation, official transcripts, and certification to: <https://www.applitrack.com/altonk12/onlineapp/>

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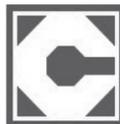


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JOB OPPORTUNITIES

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Full-Time
*RNs
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Regional Health Care Corporation

Have a Career that Changes Lives

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The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

Job Opportunities

Open Until Filled

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Director of Pediatric Unit
Director of Oncology
Lead Clinical Nurse
Clinical Nurse (ER, ICU, ACU, Oncology, OR, PACU, Pediatric, Same Day)
Nurse Case Manager

Allied Health

Director of Pharmacy Services
Adv. Pharmacist I/II - Oncology
Certified Pharmacy Technician
Endocardiographer/Sonographer
CT Technologist (Dual)
Medical Technologist
Phlebotomist

Medical Staff

Deputy Chief of Emergency Services
Endodontist
Hospitalist
Internist
Nurse Midwife
Physical Therapist
Physician (Emergency, OB/GYN, Family Medicine)

Positions Close on 06/21/2019 @ 5:00 pm

Accounts Receivable Specialist I/II
Ambulatory Care Program Director
Call Center Lead
Call Center Manger
Certified Medical Assistant
Contract Specialist
Corporate Compliance Technician
Dental Assistant
Environmental Services Tech./Maintenance
Help Desk Manager
Medical Coder I/II/III
OR Surgical Technician
Patient Benefit Coordinator
Performance Improv./Patient Safety Officer
Surgical Services Materials Management Specialist
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Positions Close on 06/28/2019 @ 5:00 pm

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Environmental Service Technician - SPHC
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COURTESY PHOTO

Hoop proceeds

Gilford Parks and Recreation Department presents a check to the Nate Babcock Memorial Scholarship Fund. Each spring, the annual Francoeur/Babcock Basketball Tournament is held in memory of Aaron Francoeur and Nate Babcock. The funds raised through the tournament are awarded to Gilford students pursuing secondary education through the Aaron Francoeur Memorial Scholarship via Lakes Region Scholarship Foundation and through the Nate Babcock Memorial Scholarship Fund. This past year, more than \$4,800 was raised to be awarded between the two funds. Pictured (l to r), Thom Francoeur, Ginny Babcock and Jim Babcock.



Lakes Region hoop camp at PMHS starting July 29

ALTON — Lakes Region Boys' and Girls' High School Basketball Camp will take place July 29 through Aug. 2 from 6 to 8:30 p.m. each evening at the Prospect Mountain High School gym.

The camp is open to boys and girls entering grades nine through 12 and coaching staff is made up of current varsity coaches from Prospect Mountain and other New Hampshire high schools.

Focus points will revolve around offensive strategy, both individual and team. Participants are asked to not wear jewelry and watches and not chew gum. Sneakers are required, shorts and t-shirts are recommended. The camp will have warm up and group drills from 6 to 6:35 p.m., individual player work with coaches from 6:35 to 7:15 p.m., drills and mini competition from 7:15 to 7:45 p.m. and team games from 7:45 to 8:30 p.m.

Checks can be made payable to Joe Faragher, PayPal and/or Venmo are encouraged to secure early registration. Registration will be available at the door if space is available.

E-mail joefaragher88@yahoo.com or call 440-821-1381 with any questions.

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Enrolling for Fall at Little Swans PreK

We are a play-based and nature-inspired program for children aged 3-5 in Sanbornton, just a few minutes from Exit 22. Learn more about this warm and caring community where children explore and grow at our

Open House: Tuesday, July 16—4:00pm-5:30pm
 (stay after for our weekly Family Garden Night)

Fast Facts:

- Monday to Friday, 8:00am-4:30pm
- Early drop-off and late pick-up available
- Tuition \$3,200-\$8,000 (2 days to 5 days/week)
- First day: September 3, 2019

Questions? kasia@santbani.org
 Register for fall enrollment: www.santbani.org

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